

Wellness

A CATHOLIC WOMAN'S GUIDE



DO YOU NOT KNOW THAT YOUR BODIES ARE TEMPLES
OF THE HOLY SPIRIT, WHO IS IN YOU, WHOM YOU HAVE
RECEIVED FROM GOD? YOU ARE NOT YOUR OWN.

1 Corinthians 6:19

spiritual wellness

HOW AM I CALLED TO CARE FOR MY SOUL?

HOW DO I CURRENTLY CARE FOR MY SOUL?

WHAT IS ONE CHANGE I CAN MAKE IN ORDER TO BETTER
NURTURE MY SPIRITUAL LIFE?

relational wellness

HOW AM I CALLED TO BE IN RELATIONSHIP WITH MY
SPOUSE AND MY CHILDREN?

ARE THERE AREAS WITHIN MY FAMILY RELATIONSHIPS
THAT GOD IS CHALLENGING ME TO GROW?

WHAT IS ONE CHANGE I CAN MAKE WITHIN A PARTICULAR
FAMILY RELATIONSHIP TO BETTER GLORIFY GOD?

sleep wellness

HOW AM I CALLED TO CARE FOR THE TEMPLE OF MY BODY
THROUGH THE NATURAL GIFT OF SLEEP?

HOW DO I CURRENTLY CARE FOR MY BODY THROUGH
SLEEP?

WHAT IS ONE CHANGE I CAN MAKE TO BETTER ATTEND TO
MY BODY'S NEED FOR SLEEP?

nutritional wellness

HOW AM I CALLED TO CARE FOR THE TEMPLE OF MY BODY
THROUGH NUTRITION?

HOW DO I CURRENTLY CARE FOR MY BODY THROUGH
WHAT I EAT AND DRINK?

WHAT IS ONE CHANGE I CAN MAKE IN MY NUTRITIONAL
HABITS IN ORDER TO BETTER CARE FOR MY BODY?

physical wellness

HOW AM I CALLED TO BETTER CARE FOR THE TEMPLE OF
MY BODY THROUGH EXERCISE?

HOW DO I CURRENTLY CARE FOR MY BODY THROUGH
EXERCISE?

WHAT IS ONE CHANGE I CAN MAKE IN ORDER TO BETTER
CARE FOR MY BODY THROUGH EXERCISE?