

MATTHEW 11:28-30

"Come to Me all you who are weary and burdened, and I will give you rest..."

Before diving into this SOULution worksheet, understand the "why" behind this soul care exercise and make sure you go to the [companion blog](#). **Bonus: to accompany you through this journaling experience, listen to the audio of my [5-minute pastoral guidance](#).**

MY EXHAUSTION POINT OF VIEW

MY CURRENT STRESSORS

MY SHALOM-MAKING SUPPORT SYSTEM

MY ONE HOLY PLAN OF ACTION/BABY STEP CORTISOL EDIT
