

# Soul Hole or Whole Soul

Tools & Assessments for Effective  
Soul Health Coaching

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**Soul Health definition:** Our soul health is the well-being and \_\_\_\_\_ of our mind, will and emotions.

*Beloved, I desire that you prosper, walk in health, even as your soul prospers (3 John 1:2).*

**Based on the acronym, "IF-I-PRAY," the 7 pillars of soul health are:**

|                |   |
|----------------|---|
| <b>I</b> _____ | Seeking our worth through the reflection of Christ and not the _____ of others. |
| <b>F</b> _____ | Ridding our soul of toxic waste by releasing _____ against others.              |
| <b>I</b> _____ | Reaching our destiny by aligning our _____ with God's truth.                    |
| <b>P</b> _____ | _____ with God to seek direction and wisdom.                                    |
| <b>R</b> _____ | Adding divine _____ to our human strength.                                      |
| <b>A</b> _____ | Protecting our will by _____ our choices to wise counsel.                       |
| <b>Y</b> _____ | Surrendering our _____ and allowing God to lead our lives.                      |

Our identity in Christ is our \_\_\_\_\_, \_\_\_\_\_ and trust.

The only way to learn how to forgive is to suffer an \_\_\_\_\_.

Satan's counterfeit for vision is \_\_\_\_\_.

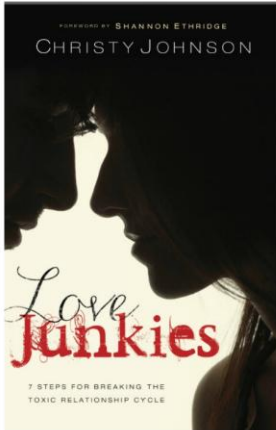
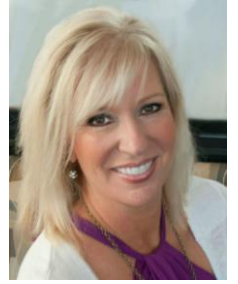
Resolve = willpower + \_\_\_\_\_.

TO RECEIVE CONTINUED ACCESS TO ALL TOOLS AND ASSESSMENTS ENTER YOUR EMAIL ADDRESS AT [WWW.CHRISTYJOHNSON.ORG](http://WWW.CHRISTYJOHNSON.ORG) OR TEXT REHAB TO 22828.

**Christy Johnson** is a dynamic communicator, life coach and founder of Living Soul.

Christy's passion to empower others to live soul-healthy lives was born out of shame and pain, desperate choices and God's redeeming grace. As a former love junkie, Christy knows the pain and chaos that accompanies toxic relationships. After a disastrous first marriage filled with addiction, adultery and the tragic death of her youngest son, Christy found the beauty on the other side of brokenness. Her book, *Love Junkies, 7 Steps for Breaking the Toxic Relationship Cycle*, teaches women how to break the toxic love rut. Today, Christy spends her time speaking nationally sharing and encouraging others with the hope and power of Christ.

Visit Christy at [www.christyjohnson.org](http://www.christyjohnson.org) or contact her at [Christy@christyjohnson.org](mailto:Christy@christyjohnson.org).



**FOREWORD — Shannon Ethridge, bestselling author of the Every Woman's Battle books with Steve Arterburn.**

## **Do romantic relationships leave you miserable and confused?**

Whether you are married, single, or single-again, relationships don't have to be complicated.

### **Ditch the drama and find the love you've always wanted!**

Love Junkies is written for any woman who is committed to improving her "relationship IQ" and discovering healthier ways to relate to men. It is a message of hope for the weary, and encouragement for the burned out. Whether married, single, or single-again, every woman will be empowered to take tangible steps toward God's desire for them and their relationships.