

# SOUL

# HANDLES

## Personal Habits Inventory



### REST

Hours of Sleep every night:

Hours of work per week:

Last thing you do before you go to bed:

First thing you do when you wake up:

### MEDIA CONSUMPTION

Hours of TV/movies/video games per week:

What shows do you regularly watch?

Time on phone/computer per week:

What Apps do you normally access?

### RELATIONSHIPS

# of meals eaten with others per week:

# of meals eaten with people outside your family/roommates:

# of Intentional Conversations per week:

### SOUL FEEDING

Amount of time reading and/or listening to scripture per week:

Amount of time in silence per week: