

Post PCS Solutions To-Do List

Write down your feelings and needs, both on good days and on 'meh' days:

Good Days

1. _____ 2. _____
3. _____ 4. _____

'Meh' Days

1. _____ 2. _____
3. _____ 4. _____

Write down things that are currently giving you purpose and things that you would find purpose in:

Things that currently give me purpose:

1. _____
2. _____
3. _____

Things that would give me purpose:

1. _____
2. _____
3. _____

Write down solutions to your feelings that would heal your feelings and provide you purpose:

Solutions

For *first* feeling/unmet need

1. _____
2. _____
3. _____

For *second* feeling/unmet need

1. _____
2. _____
3. _____

For *third* feeling/unmet need

1. _____
2. _____
3. _____

For *fourth* feeling/unmet need

1. _____
2. _____
3. _____

Galatians 6:9

Let us not grow weary of doing good, for in due season we will reap, if we do not give up.