

next steps to

STRENGTHEN YOUR SOUL

If you've taken the Soul Health Assessment, perhaps you've identified a category where you'd like to focus growth in your soul health. Consider the suggestions below.

SPIRITUAL

- [Participate with Overflow](#): emails, practices, and the [Ripple Effect podcast](#), and text OVERFLOW to (719) 652-1955.
- Talk to a [spiritual director](#)
- Try the [Spiritual Barometer](#)
- Investigate [TDC Soul Care Retreats](#)
- Go deeper with [The Foundational Abide in Christ Bible Study](#)

VOCATIONAL

- Read about Vocation in [Overflow](#) and [Highlights](#)
- Talk to a [TDC Life and Leadership Coach](#)
- Participate in the [Personal Contribution Assessment](#)
- Listen to the [Ripple Effect Podcast](#), Episode 17: "Receiving Your Vocation from God"
- Read *It's Your Call* by Gary Barkalow
- Read *Discovering Your Personal Vocation* by Herbert Alphonso

MENTAL/PHYSICAL

- Try the [Rest, Pace, & Margin Tool](#)
- Plan for a [Sabbatical](#)
- Practice [The Embodied Experiment](#)
- [Contact TDC](#) to inquire about resources or the availability of pastoral counseling or referrals
- Contact the Employee Assistance Program for free counseling services ([navbenefits.org](#), select "Mind")
- Read *Every Moment Holy, Volume II: Death, Grief, and Hope*
- Read *Sacred Sorry* by Michael Card

RELATIONAL

- Look into [Marriage Ministries](#)
- Read [Upfront: Summer 2019: Singleness](#)
- Experience [Team Coaching and Resources](#)
- *Crucial Conversations: Tools for Talking When Stakes Are High* by Al Switzler, Joseph Grenny, et al
- Experience [Cultural Journey: Kindred](#)

FINANCIAL

- Learn about saving for the future with Fidelity ([navbenefits.org](#), select "Wealth")
- Call an EAP representative regarding taxes, budgeting, retirement, and more ([navbenefits.org](#), select "Mind")
- Utilize [The Navigators MPD SeaChart](#) for fundraising health
- Be intentional with a mentor or friend to read together a book on personal finance, such as *The Psychology of Money* by Morgan Housel or *The Total Money Makeover* by Dave Ramsey.
- Interview a trusted friend: What has most influenced their financial decisions? What are their goals and habits? What resources have they found beneficial? How is God forming them through their financial journey? How can you support each other?