



Personal Action Chart

Your personal actions can improve your stressful circumstances. God wants you to abide in His perfect peace, which will keep your heart and mind in Christ Jesus. Now take time aside to ask God what He would have you change, set right, or restore. We will discuss each together next week.

Financial problems, debts and obligations:

Personal health worries and concerns:

Things I really ought to do but haven't taken time for such as unfulfilled obligations, assignments, and responsibilities:



Career and job concerns and worries:

Personal changes I need to make to improve the relationship with my spouse or close friends:

Personal changes with my children, brothers or sisters:

Personal changes with my parents and relatives:



Changes within me to improve my own feelings about myself:

Lord, are there other things that you want changed not already covered: (If yes, what?)
