



CREATED TO BE A
STEWARD
WHO PRACTICES SELF-CARE

SELF-CARE COMMITMENT CARD

I understand my role as a steward, and I recognize that it includes caring for myself. I commit to the following practices over the next three months that will help me develop this spiritual discipline and strengthen my walk with Christ. I will find an accountability partner to help me honor this commitment. (circle all that apply, and/or add your own)

A creative practice such as cooking, art, gardening, sewing, photography, wood working
or _____

A healthy physical practice such as exercise, walking, better diet, more sleep, seeing my doctor
or _____

A practice for my mind such as reading, doing puzzles, playing games, journaling,
or _____

A spiritual practice such as prayer, bible study, meditation, attentiveness, worship
or _____



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