

Sexual Wholeness Development Plan

Name:

Coach:

Date:

The Sexual Wholeness development plan is a tool designed to help us strengthen ourselves in the area of sexual wholeness by identifying root issues and measurable goals where change is most needed. [Look over the Four Corners of Sexual Wholeness](#) and identify **2-3 areas of growth** from Biblical Convictions, Self-Awareness, Intentional Practices, and Supportive Community. Identify the areas you'd like to strengthen and work through the specific steps. A coach will also give feedback on your plan.

1. What is my current, needed area of growth? What Corner does this relate to?	2. What is my long-term vision for sexual wholeness related to this area of needed growth?	3. What are the root issues in my life that affect me in this area?	4. SPECIFIC PLANS (Summer/Semester/Quarter plans/goals) What will I do this summer/semester/quarter to move me forward? Who's help will I solicit?	5. How will I know when I have achieved my plans/goals? Your plans/goals (#4) should be measurable, achievable, observable.	6. Biblical motivation (Scriptures, etc)
<p>Example: I want to grow in my self-awareness during times when I am most tempted to act out. This relates the the corner of self-awareness</p>	<p>When I am tempted to act out, I will know what is going on in my inner world and be able to verbalize what is going on with my committed friends whom I walk with towards wholeness.</p>	<p>I have some deeply ingrained patterns that I don't know how to stop. I'm afraid to ask for help in this area.</p>	<ul style="list-style-type: none"> - When I feel tempted to act out, I will pause and reflect on how I am feeling in the moment and why, using the Naming Emotions worksheet. -I will write this down in Evernote. -I will talk to God about these feelings. -I am going to bring this up with my r Tribe group next week and see if others have this experience. - I will journal in these moments for 8 weeks and see if my self-awareness increases. - I am going to read Cry of the Soul, by Dan Allender. 	<ul style="list-style-type: none"> -By the end of the summer I will have related to the Naming Emotions worksheet 10 times, writing things down in Evernote. -I will have processed with my r Tribe group whenever I do this. -I will have journaled these moments for the the next 8 weeks. -I will have read Cry of the Soul by Dan Allender. 	<p>-</p>