

# THE WEEKLY CHECK-IN

A Reflection & Planning Worksheet for Military Service Members & Spouses

Hi! My Name is \_\_\_\_\_

and I'm \_\_\_\_\_

(i.e. "I'm in month 3 of my husband being gone." Or "I just got back last week").

## 1. THIS WEEK, I'M (CIRCLE ONE)...

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I'm not sure how I'll make it

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I'm Surviving

5

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I'm Thriving!

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## 2. IN THE PAST WEEK...

I can see God's Sovereign hand in this way:

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I can see God working in me in this way:

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I can see God working through me in this way:

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You can pray for me and/or tangibly help me (or my spouse) by:

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Tonight in our group, it would be helpful to talk about:

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