

Practice the SOG Plan

What skills do I want to strengthen or develop as a result of completing Step 1 Reflect?

With these skills and the situation you described in Step 1 in mind, please answer these questions:

Self-Aware:

- What am I feeling and thinking about the situation I described?
- What attitudes of heart underlie my emotions and thoughts?
- What changes of heart and mind do I need to make in order to support development of my target skills?

Other-Aware:

- What do others seem to be feeling and thinking about this situation. About me?
- Am I treating others as I would want to be treated?
- How can I shape the development of my target skills to emphasize loving and serving others?

God-Aware:

- What are God's priorities for me in this situation?
- What would he want me to do differently?
- How does the gospel inform and influence my feelings and thinking?
- How can I shape the development of my target skills to reflect God's priorities and his love for me?

When you've finished, please answer two final questions:

1) What have I learned by answering the questions on this Worksheet?

2) How does what I've learned impact my thinking about the skills I would like to develop? What changes would I like to make?