**HEALTH THROUGH THE PSALMS**

**12 Week Journal**

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| **TOPIC** | **BRAIN** | **BODY** | **BELIEFS** | **ACTION STEPS** |
| **Week 1** |  |  |  |  |
| **Week 2** |  |  |  |  |
| **Week 3** |  |  |  |  |
| **Week 4** |  |  |  |  |
| **Week 5** |  |  |  |  |
| **Week 6** |  |  |  |  |
| **Week 7** |  |  |  |  |
| **Week 8** |  |  |  |  |
| **Week 9** |  |  |  |  |
| **Week 10** |  |  |  |  |
| **Week 11** |  |  |  |  |
| **Week 12** |  |  |  |  |