

# OA in Action Soul Food for the Mind, Body, and Spirit Worksheets

## Soul Food for the Mind

What soul food have I used in the past to feed my mind?


What soul food might I try in the future to feed my mind?


## Soul Food for the Body

What soul food have I used in the past to feed my body?


What soul food might I try in the future to feed my body?


## Soul Food for the Spirit

What soul food have I used in the past to feed my spirit?


What soul food might I try in the future to feed my spirit?


## Physical, Mental, or Spiritual Blocks

Do I have any physical, mental, or spiritual blocks that might keep me from including actions that might help feed my mind, body, and spirit?


What am I committed to doing that will help me overcome these blocks?
