



BMW, INT'L

**KINGDOM
WOMAN
SOUL-CARE
WORKBOOK**

INTRODUCTION TO SOUL CARE

Dear Kingdom Woman,

In a world that pulls at you from every direction—demanding your time, your energy, your strength, and your yes—it's easy to give so much to others that you neglect what matters most: your soul.



Your soul is the bridge between your spirit and your everyday life. It holds your emotions, your will, your thoughts, your desires, your memories, and your values. And while your spirit may be saved, your soul must be continually cared for, healed, and guarded so that you can walk in the fullness of your Kingdom identity.

As women, we are naturally nurturers, fixers, builders, and helpers. But somewhere in the process of tending to others, we often ignore the signs that our own souls are weary, wounded, or wandering. We suffer in silence. We spiritualize our pain. We keep going until our bodies break down, our minds overload, or our emotions betray us.

But hear this clearly:

God is just as concerned about your soul as He is about your service.

He doesn't want your yes while your soul is in distress.

He doesn't just want your hands in motion—He wants your heart whole.

That's why this workbook exists.

This is a sacred space for you to pause, reflect, restore, and realign.

A place to stop pretending you're okay when you're really pouring from a leaking cup.

A guide to help you get honest with God about what's happening beneath the surface—and let Him gently touch every corner of your soul.

Throughout this journey, you will explore:

- What it means to guard your heart without guilt
- How to recognize soul fatigue and emotional overload
- How to heal through forgiveness, truth, boundaries, and rest
- How to identify harmful patterns in your beliefs, values, and attitudes
- And how to walk boldly, joyfully, and purposefully in your Kingdom assignment

This is not self-help. This is soul surrender. Because true soul care begins when we invite the Holy Spirit into the hidden places and allow Him to heal what hustle, hype, or habits cannot.

So, beautiful woman of God, take a deep breath. This is your invitation to slow down, lean in, and let God restore the very core of who you are.

You are not too broken. You are not too far gone. You are right on time. And your soul—your beautiful, God-breathed soul—is worth caring for.

Let the healing begin.

With love,

Cassandra Moore
Founder, Beautifully Made Woman
Email: cassandramoore@bmwinternational.org



Name: _____

Date: _____

STOP AND CHECK


Let's Look at What we have learned so far





SECTION 1: The Soul-Spirit Connection

1. In what areas of life do you feel spiritually strong but emotionally tired?

Example: I know what God said, but I still feel overwhelmed or disconnected.


 _____


 _____


 _____

2. What truth has God spoken to you that your soul still struggles to believe or apply?

Example: "I am chosen," but I still battle with rejection.

 _____

 _____

 _____

SECTION 2: Soul-Level Warfare


3. What has the enemy used lately to "wear down" your soul?

- ☐ Fear
- ☐ Anxiety
- ☐ Rejection
- ☐ Distraction
- ☐ Guilt
- ☐ Busyness
- ☐ Other: _____

4. How do you typically respond when your soul feels overwhelmed or attacked?


Example: I withdraw, overwork, lash out, isolate, overcommit.

 _____

 _____

5. What is one soul-care practice you can implement this week to reclaim peace and clarity?

Examples: Journaling, silent prayer, setting boundaries, worship walks.

 _____

Name: _____

Date: _____

STOP AND CHECK

PART 2

It's time to care for the soul!



SECTION 3: Sustained Restoration, Not Just Relief

6. What temporary habits have you leaned on for relief that don't actually restore your soul?

Example: Scrolling, overindulging, numbing out, people-pleasing.



7. What would it look like for you to intentionally tend to your soul this month?

Example: Committing to daily quiet time, scheduling rest, having life-giving conversations.



SECTION 4: Healing Through Forgiveness

"He restores my soul..." – Psalm 23:3

8. Is there someone (including yourself) that your soul still needs to forgive?



9. How has holding on to offense, guilt, or disappointment affected your soul health?



10. Write a forgiveness declaration to release them and protect your soul.

Example: "I forgive [Name] for [Offense]. I choose peace over pain."



SECTION 5: Realigning with Purpose

"I press toward the mark for the prize of the high calling..." – Philippians 3:14

11. What dream, assignment, or identity have you put on hold due to emotional or spiritual fatigue?



12. What does God want to realign in your life so you can walk in full soul prosperity and purpose?



13. What's one step you can take this week to reconnect with your God-given purpose?



Soul-Care (con'td)

Assessment task:

Values

What are 3 core values that guide your decisions and lifestyle?

Attitudes

Are there any negative attitudes or emotional patterns that need to be surrendered to God?

Beliefs

What limiting beliefs about yourself, your worth, or calling have you unknowingly agreed with?

My Resilience Plan

People I can call or talk to for help:

- _____
- _____
- _____



How I can look after myself:



My strengths:

- 1 _____
- 2 _____
- 3 _____

What has helped me
in the past:

Advice I would give a friend:

LETTER TO MY *future self*

Dear Me,

Signed:

Date:





Soul Care Declarations

1.

“My soul is being restored by the hand of God. I release anxiety, regret, and emotional clutter—and I receive peace, clarity, and divine rest.”

2.

“I am no longer ruled by my past or driven by my pain. My mind is renewed, my emotions are steady, and my will is surrendered to the Holy Spirit.”

3.

“I protect my peace, I guard my heart, and I honor the boundaries God leads me to set. My soul is safe, secure, and saturated in His presence.”

