

SPIRITUALLYHUNGRY.COM

# My Battle Plan

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AN EMERGENCY KIT FOR LIFE'S  
MOST CHALLENGING DAYS

# Battle Plan

CREATE A PLAN TO WEATHER THE NEXT STORM IN YOUR LIFE

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## SCRIPTURE

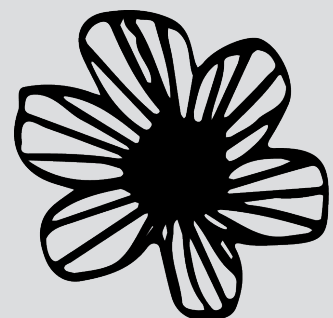
Write your grounding Scripture verse(s) below:

## PLAYLIST

Make a battle song playlist by writing out songs you'll want to listen to:

## CHALLENGE

Self-Care is often neglected during a trial. It's important to take care of yourself! Plan to take a bubble bath, take a walk, go to a favorite restaurant. Name something you can do for a little self-care to help lift your spirits.



## PRAYER

Write a prayer out that you will want to pray:

## SELF MESSAGE

Write a message to yourself. Include truths you want to remember during a tough time.

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## CHALLENGE

Change your location. Sometimes, when we're hit out of nowhere, we tend to get reclusive and withdraw. Where is somewhere you can go to recharge your energy? It could be a place in nature, a coffee shop, or any other favorite spot.

## INSPIRATION

LIST SOMEONE YOU CAN TALK TO FOR GUIDANCE AND SUPPORT:

INSPIRATIONAL QUOTE:

**WHAT IS THE MOST IMPORTANT THING YOU WANT  
TO REMEMBER?**

## MORE RESOURCES

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You may find these resources helpful:

1. 15 great Christian Battle Songs can be found at: <https://spirituallyhungry.com/christian-songs-for-battle/>
2. We have a variety of prayers to help you out. Check out our vast collection: <https://spirituallyhungry.com/short-prayers/>