Support Services Organizer

Section 1 — Foundation Pages

Welcome to the Soul Shift Live Support Service Organizer

You're Not Alone. You Belong Here.

Welcome to the Soul Shift Live Support Service Organizer, a resource created to help individuals, families, caregivers, seniors, and people with disabilities navigate support services with confidence and clarity.

At Soul Shift Live, we believe every person deserves dignity, connection, encouragement, and access to the resources they need to thrive. This organizer was designed to simplify information, reduce overwhelm, and help you stay organized as you move forward on your journey.

Our Mission

Soul Shift Live exists to create inclusive spaces where people can find support, build authentic relationships, develop life skills, discover purpose, and experience hope.

Through community, encouragement, practical tools, and compassionate support, we help individuals move from isolation to belonging and from surviving to thriving.

How to Use This Organizer

This organizer is designed to be used as a working tool. You may use it to:

- Track important support services and contacts
- Organize appointments and meetings
- Keep records of benefits and resources
- Create personal goals and action plans
- Document accommodations and support needs
- Manage wellness and self-care activities
- Build a network of trusted helpers and advocates
-

Use the sections in whatever way best serves your needs. There is no right or wrong way to complete this organizer.

A Few Reminders

Take one step at a time.

- •Progress is more important than perfection.
- •Ask for help when you need it.
- •Celebrate every victory, no matter how small.
- •You deserve support, respect, and belonging.

Our Commitment to You

We are committed to creating a welcoming, environment where every person is valued and empowered. Whether you are seeking resources, friendship, healing, growth, or a renewed sense of purpose, we are honored to be part of your journey.

Remember:

You belong. You matter. You are stronger than you know. And you do not have to walk this path alone.

Soul Shift Live
www.thesoulshift.com

Connect. Heal. Grow. Thrive.

Support Map

An Overview of My Support System

Name: _____

Date: _____

Emotional Support

These are the people who encourage me, listen to me, and help me through difficult times.

When I need emotional support, I can contact:

Spiritual Support

These are the people, groups, and practices that help

me stay connected to my faith, hope,and purpose.

Important Spiritual Connections

Church or Faith Community
Prayer Group
Bible Study
Soul Shift Live
Spiritual Mentor
Other: _____

Key Spiritual Support People

Spiritual Practices That Help Me

Prayer

Worship Music

Scripture Reading

Gratitude Journaling

Nature Walks

Other: _____

Practical Support

These are the individuals, organizations, and services that help me with everyday needs.

Personal Support Network

Name	Area of Support
	Transportation
	Shopping
	Household Tasks
	Technology
	Advocacy
	Other

Community Resources

My Emergency Support Team

People I Can Contact Right Away

My Support Strengths

What support systems are working well for me right now?

What support would I like to strengthen over the next 3 months?

Soul Shift Live Reflection

I am not meant to do life alone. My support network helps me connect, heal, grow, and thrive.

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My Healing Journey

Current Challenges

What difficulties am I currently facing?

Areas I Am Working Through

Anxiety

Depression

Grief or Loss

Burnout

Low Self-Esteem

Relationship Issues

Social Isolation

Financial Stress

Health Concerns

Life Transitions

Trauma Recovery

Managing Emotions

Other: _____

My Current Challenges

My Healing Goals

Goals for the Next 30 Days

Goals for the Next 90 Days

Goals for the Next Year

My Healthy Coping Strategies

When I am struggling, these activities help me feel safe, grounded, and supported.

Prayer

Deep Breathing

Walking

Journaling

Talking With a Friend

Support Group Participation

Listening to Music

Creative Activities

Reading

Rest

Time in Nature

Other: _____

My Go-To Healing Practices:

Soul Shift Live Reflection

Healing is a journey, not a destination. Every step forward matters. Every challenge overcome is evidence of growth. Every day is a new opportunity to connect, heal, grow, and thrive.

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Section 2 — Weekly & Monthly Support Planning

Weekly Emotional Check-In

Name: _____

Week Of:_____

Mood Tracker

How have you felt most days this week? Circle or check one.

Joyful
Peaceful
Hopeful
Motivated Tired
Overwhelmed
Anxious
Lonely
Sad
Frustrated
Other: _____

Daily Mood Rating

Rate your overall mood each day from 1-10.

Day	Rating
Monday	_____
Tuesday	_____
Wednesday	_____
Thursday	_____
Friday	_____
Saturday	_____
Sunday	

Stress Level Check

On a scale of 1-10, how stressed have you felt this week?

1 = Very Calm 10 = Extremely Stressed

Stress Rating: _____ / 10

My Biggest Stressors This Week:

What Helped Me Cope?

Gratitude Reflection

List three things you are thankful for this week.

Who Made a Positive Difference in My Week?

Reflection Questions

What challenged me this week?

What am I proud of this week?

What do I need more of next week?

Scripture Focus

"Cast all your anxiety on Him because He cares for you."

1Peter 5:7

Reflection Question

What burden can you release to God this week instead

of carrying it alone?

Looking Ahead

One Person I Will Reach Out To

Monthly Support Plan

Name: _____

Month: _____

My Focus for This Month

This month I want to:

Improve my emotional health
Strengthen my faith
Build healthier relationships
Reduce stress and overwhelm
Increase self-confidence
Create healthier routines
Improve physical wellness
Discover my purpose
Other: _____

My Monthly Scripture or Encouragement

Monthly Reflection

What challenges did I face?

What did I learn about myself?

Scripture Focus

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." Galatians 6:9

Reflection Question

How can you remain faithful to your growth and healing journey, even when progress feels slow?

Crisis Calm Plan

Soul Shift Live Personal Crisis Calm Plan

A supportive guide for moments when emotions feel overwhelming.

Name: _____

Date: _____

My Warning Signs

When I am becoming overwhelmed, I often notice:

Racing thoughts
Difficulty concentrating
Increased anxiety
Trouble sleeping
Crying easily
Anger or irritability
Feeling helpless
Feeling isolated
Physical tension or pain
Rapid breathing
Other: _____

STOP * PAUSE * BREATHE

When I notice these signs, I will:

Stop what I am doing if possible
Sit down in a safe place
Take slow deep breaths
Drink a glass of water
Pray or meditate
Reach out for support

Things That Comfort Me

When I am struggling,theseactivities help me feel calmer :

Prayer
Reading Scripture
Listening to Music
Taking a Walk
Calling a Friend
Journaling
Taking a Shower or Bath
Resting
Spending Time Outside
Petting an Animal
Watching a Comforting Show
Attending a Soul Shift Live Meeting

Who Can I Call?

Professional Support

Doctor/Therapist:

Phone:

Emergency Contact:

Phone:

Prayer

A Prayer I Can Pray

Help me remember that I am not alone. When I feel anxious, afraid, or overwhelmed, give me peace, wisdom, and strength for this moment. Help me take the next right step and trust that You are with me. Amen.

My Crisis Recovery Plan

When the intense emotions begin to pass, I will:

Eat something nourishing
Drink water
Rest
Talk with someone I trust
Attend a support meeting
Journal my thoughts
Review what helped
Practice gratitude

Hope for Tomorrow

One thing I am looking forward to:

One reason I can keep going:

Scripture Focus

"God is our refuge and strength, an ever-present help in trouble."
Psalm 46:1

Reflection Question

When life feels overwhelming, what reminds you that youare not facing the struggle alone?

Section 3 — Community & Connection

My Personal Encouragement Network

These are the people I can contact when I need support, prayer, encouragement, or a listening ear.

Encouragement Contact

Name: _____

Relationship:

Family Member
Friend
Spouse/Partner
Support Group Member
Mentor
Pastor/Ministry Leader
Neighbor
Other: _____

Phone: _____

Email: _____

Preferred Contact Method:

Call
Text
Email
Zoom
In Person

When I Should Reach Out

Reaching Out Plan

When I feel overwhelmed,isolated, discouraged, or stressed, I will:

Send a text message

Make a phone call

Ask for prayer

Schedule a conversation

Attend a support group meeting

Share honestly about how I'm feeling

Accept help when it is offered

Avoid isolating myself

Messages I Can Send

Simple Text Message

"Hi, I'm having a difficult day and could use some encouragement. Do you have a few minutes to talk?"

Prayer Request Message

"Would you please pray for me today? I'm feeling overwhelmed and would appreciate your support."

Connection Message

"I could use some company and encouragement. Would you be available to connect sometime this week?"

Scripture Focus

Therefore encourage one another and build each other up."
1 Thessalonians 5:11

Reflection Question

Who has consistently encouraged you in your life, and how can you intentionally stay connected to that support?

Soul Shift Live Resource Directory

Your Guide to Support, Connection, and Growth

Welcome to the Soul Shift Live Resource Directory. This directory helps you stay connected to the tools, programs, and opportunities designed to support your emotional, spiritual, and personal growth journey.

About Soul Shift Live

Soul Shift Live is a warm, supportive community for people experiencing chronic conditions, major life changes, caregiving challenges, emotional struggles, and loneliness.

Our mission is to create a safe place where people can heal, grow, connect, and discover hope together.

Zoom Support Circles

Bl-Weekly & Monthly Virtual Gatherings

Our Zoom circles provide a safe, welcoming space for encouragement, connection, learning, and healing.

Circle Benefits

Emotional support

Friendship and connection

Shared experiences

Prayer and encouragement

Personal growth opportunities

Practical life tools

Meeting Information

Day(s): _____

Time: _____

Zoom Passcode: _____

Zoom ID: _____

My Soul Shift Live Connections

People I have connected with through Soul Shift Live:

Name	How They Encourage Me

Important Information

Website

Zoom Information

Section 4 — Healing Tools

Prayer & Reflection Pages

Soul Shift Live Prayer & Reflection Journal

A sacred space to process your thoughts, emotions, faith, and healing journey with God.

Name: _____
Date: _____

Today's Prayer Focus

What is on my heart today?

Honest Conversation with God

If I could tell God exactly how I feel right now, I would say:

Spiritual Reflection

What has been weighing on me lately?

Where do I need God's help?

What am I trying to control that I need to surrender?

Scripture Reflection

Today's Scripture

What stands out to me from this verse?

What might God be showing me through

this passage?

How can I apply this truth today?

Gratitude Prayer

List three blessings from today:

Listening for God's Voice

What step of faith am I being invited to take?

Surrender & Release

Lord,today I choosetorelease:

Fear

Worry

Regret

Guilt

Bitterness

Shame

Comparison

Uncertainty

Perfectionism

Other: _____

My Prayer of Release

Closing Prayer

Heavenly Father,

Thank You for meeting me exactly where I am. Thank You for seeing my struggles, celebrating my victories, and walking beside me through every season. Help me trust You with my worries, receive Your peace, and recognize Your presence each day. Strengthen my faith, heal my heart, and guide my next steps.

Amen.

Scripture Focus

Be still, and know that I am God."

Psalm 46:10

Reflection Question

What would change in your life today if you truly believed God was already present in the situation that concerns you most?

Personal Prayer Answer Log

Prayer Request	Answer or Progress Seen	
_____	_____	_____
	_____	_____
_____	_____	_____
	_____	_____
_____	_____	_____
	_____	_____
_____	_____	_____
	_____	_____

Section 5 — Personal Growth

Healing Habit Tracker

Sleep Tracker

Hours Slept Each Night

Day	Hours	
Monday		
	_____	_____
Tuesday		
Wednesday	_____	_____
Thursday		
Friday	_____	_____
Saturday		
Sunday	_____	

Sleep Quality

Excellent
Good
Fair
Poor

What affected my sleep this week?

Hydration Tracker

Daily Water Goal

Goal:_____Glasses/Bottles Per Day

Day	Completed?
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Prayer Tracker

Prayer Focus This Week

One Answered Prayer or Blessing

Movement Tracker

Activities Completed

Walking
Stretching
Chair Exercises
Strength Training
Yoga
Physical Therapy
Other: _____

Total Days Active
_____ Days
How did movement affect my mood?

Rest & Recovery Tracker

Ways I Practiced Rest This Week

Took Breaks

Read a Book

Prayed

Quiet Reflection

Napped

Listened to Music

Time Outdoors

Relaxation Exercises

Reduced Commitments

Other: _____

Rest Rating

1 2 3 4 5 6 7 8 9 10

Healing Win

What healthy habit was easiest this week?

Scripture Focus

"Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well."

3John 1:2

Reflection Question

Which daily habit helps you feel most connected to God, yourself, and others?

Monthly Healing Progress

At the end of the month, reflect on your growth:

I am sleeping better.
I am staying more hydrated.
I am praying more consistently.
I am journaling more often.
I am moving my body regularly.
I am giving myself permission to rest.
I am growing emotionally.
I am growing spiritually.
I am learning to care for myself with compassion.