

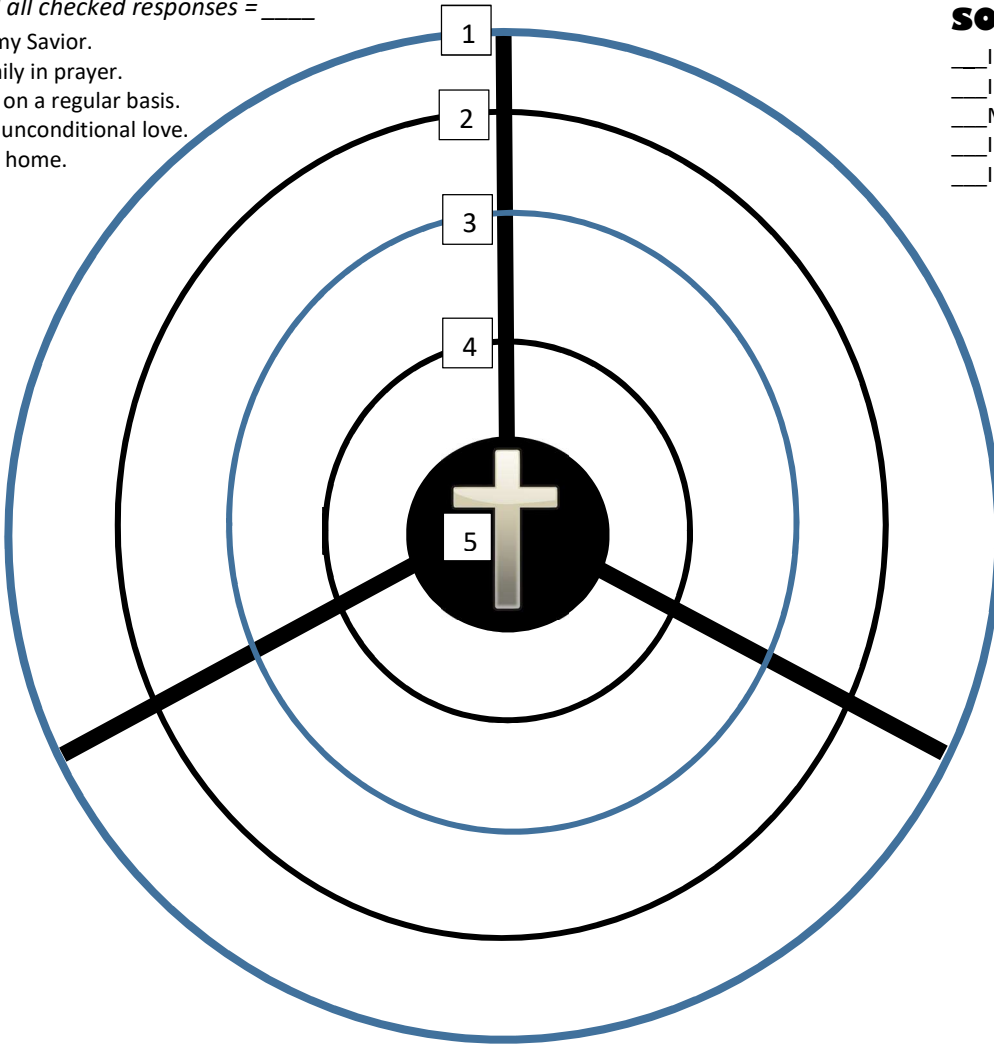
# FUZED COMPLETE target

Mark the statements that consistently agrees with your behavior in each of the categories. Then place the arrow (moving from the outer ring to the bullseye) on the appropriate line. EX: Outer line is 1 and bullseye is 5. One check is placed on outer line. Two checks is placed on the second line moving inward. Turn to the back side of this page for further directions.

1 Thessalonians 5:23

**SOUL:** add all checked responses = \_\_\_\_

- I choose to learn from my mistakes.
- I follow God's commandments.
- My thoughts are Godly thoughts.
- I easily forgive myself.
- I love and approve of myself.



**SPIRIT:** add all checked responses = \_\_\_\_

- Jesus Christ is my Savior.
- I spend time daily in prayer.
- I read my Bible on a regular basis.
- I receive God's unconditional love.
- I have a church home.

**BODY:** add all checked responses = \_\_\_\_

- I exercise regularly.
- I make healthy food choices. (CAST)
- I get 6-8 hours of sleep each night.
- I pay attention to my body and see a physician when needed.
- I understand that my body is the temple of the Holy Spirit and honor it justly. (CAST)



The goal is to hit a "bullseye" in each category.

**\*Identify** an un-checked *statement* from each category on the opposite side of the page to help you choose a Bible verse and an affirmation to meditate on for the week. Fill in the assigned areas below and follow the directions listed at the bottom of this page. *(Bible scripture and affirmation reference supplied)*  
Re-evaluate the COMpletE target assessment on the front side of this page at the end of each week to determine if you need to stay on the same focus or move on. Although, the goal is to hit a “bullseye” in each category, there is no such thing as perfection on earth except through receiving God’s perfect love.  
*Romans 8:1 “Therefore, there is now no condemnation for those who are in Christ Jesus.” And, 2 Corinthians 12:9, “But he said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’”*

**SPIRIT:** *identified statement* \_\_\_\_\_

Scripture Focus:

Affirmation:

Grace Goal:

**SOUL:** *identified statement* \_\_\_\_\_

Scripture Focus:

Affirmation:

Grace Goal:

**BODY:** *identified statement* \_\_\_\_\_

Scripture Focus:

Affirmation:

Grace Goal:

**DIRECTIONS:**

*Scripture Focus: Read and memorize the dedicated scripture until it is deep in your spirit and easy to recall for your soul.*

*Affirmation: Repeat the affirmation until it settles in your spirit and you believe it in your soul.*

*Grace Goal: Use the scripture and affirmation above to help you identify a tangible step you can take to stay in agreement with the focus.*

