
Cultivated
QUARTERLY SOUL CHECK-IN

Hi friend,

I'm really glad you're here.
If you're holding this guide, chances are there's something in you that's longing for more: not more to do, not more pressure, but more depth. More connection. More rootedness in your life with God.
I want you to know before you go any further: this isn't about getting it all right. This isn't about becoming the "perfect" Christian or finally figuring everything out. This is about learning to pay attention to your soul.

Over the past few years, I've started to picture my spiritual life like a garden. Some seasons feel full—alive with growth, color, and evidence of God's goodness. And other seasons… feel quiet. Or overgrown. Or like the Lord is gently (and sometimes not-so-gently) pruning back things I didn't even realize I was holding onto.
And if I'm honest, I still don't always know what I'm doing.

But I am learning this:
Growth with God is slow. It's intentional. And it's deeply relational. It doesn't happen by accident—but it also doesn't happen by force. It happens when we stay close to the Master Gardener.

This guide isn't meant to overwhelm you—it's meant to walk with you.
To help you pause long enough to notice what's actually growing in your life.
To gently align your heart with what Scripture says is true.
To make space for what God wants to plant in this season.
And to partner with Him in the quiet, faithful work of cultivation.

You don't need to rush through this. Take your time. Sit with the questions. Be honest in your answers. Invite the Lord into every part of the process. He is not in a hurry with you.
And He is far more committed to your growth than you could ever be on your own.

So wherever your garden feels today—flourishing, fragile, or somewhere in between—you are not behind.

You are being cultivated.
And that is a beautiful place to be.

Kati Wood

01

Step 01

"What is currently growing in my soul?"
Set aside quiet time with the Lord. Ask Him to help you see honestly and gently.

What feels healthy and flourishing in my spiritual life right now?

Where do I feel dry, distracted, or disconnected from God?

What has been consuming most of my attention and affection lately?

Are there any habits, thoughts, or influences that are crowding out my time with God?

02

Step 02

"What does God say a healthy soul looks like?"
Return to your anchor passages:
Psalm 1:1–3 (planted and fruitful), John 15:4–5 (abiding in Christ), Colossians 2:6–7 (rooted and built up)

Am I rooted in God's Word or shaped more by other voices?

Am I abiding in Christ daily, or just visiting Him occasionally?

Is my faith being built up and strengthened over time?

03

Step 03

“What needs to be uprooted?”
Before planting anything new, we make space.

What do I need to say “no” to in this season?

What habits are draining me spiritually?

What distractions are keeping me from deeper connection with God?

List 1–3 things you will intentionally remove or reduce this quarter.

04

Step 04

"What am I cultivating?"
Now we choose what to plant—not everything, just what God is highlighting.

Focus Areas (choose 1–2):

- Time in Scripture
- Prayer life
- Sabbath/rest
- Community
- Obedience in a specific area
- Identity in Christ

What is one seed God is asking me to plant this season?

What would it look like for this to grow over the next 90 days?

05

Step 05

“How will I tend the garden?”
Growth happens through consistency, not intensity.

Create simple rhythms. Keep it realistic. Keep it sustainable.

Daily

Weekly

Monthly.

06

Step 06

"What truth am I anchoring myself in?"
Choose a Scripture or truth to carry this quarter.

My anchor verse:

What this truth reminds me of:

When I feel _____, I will remember _____.

07

Step 07

“God brings the growth—I stay faithful.”
End your check-in by releasing control.

Prayer:
“Lord, You are the Master Gardener. I trust You with the growth. Help me stay rooted, remain in You, and be faithful in the small things. Produce fruit in my life in Your timing. Amen.”

I’m releasing control over:

Quarterly Check-In Summary Page

"Cultivation is slow, but fruit is certain when God is the Gardener."

This Quarter I Am....

Removing

Planting

Focusing on

Practicing

Anchored in

