

A decorative background consisting of a dense, irregular pattern of small red dots and speckles, creating a textured, watercolor-like effect. The dots are more concentrated in some areas, particularly on the left side, and more sparse in others.

# Soul Care Kit

FOR YOUR WEARY, OVERWHELMED HEART

A detailed red line drawing of a botanical specimen, likely a branch of a plant with several small, pointed leaves and clusters of tiny buds or flowers. The drawing is positioned in the lower right corner of the page, extending upwards and to the left.

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You don't have a soul.

You are a soul.

You have a body.

C.S. LEWIS

hi friend.

YOUR SOUL IS MADE OF YOUR MIND, EMOTIONS, WILL AND  
PERSONALITY. YOUR BODY IS THE HOUSE OF YOUR SOUL.

SELF-LEADERSHIP AND SELF-CARE ARE ESSENTIAL FOR  
YOU TO BE YOUR BEST SELF. THIS IS A 5-DAY GUIDE FOR  
YOU TO DEVELOP HABITS TO STRENGTHEN AND CARE FOR  
YOUR LOVELY SOUL.

I PRAY THIS SOUL CARE KIT WILL HELP YOU LOVE AND  
LIVE YOUR ONE BEAUTIFUL LIFE.

Susie

## DAY 1

### Consider

HOW YOU LOVE YOURSELF IS HOW YOU LOVE THE WORLD. RICHARD ROHR

### Journal

HOW MANY NEGATIVE THOUGHTS DO YOU HAVE ABOUT YOURSELF EVERY DAY?  
WHAT IF YOU GIFT YOURSELF SOME PEACE? DECIDE THIS IS THE DAY THAT  
YOU'LL TELL YOURSELF THAT YOU'RE DOING A GOOD JOB LIVING THIS ONE LIFE  
THAT YOU'VE BEEN GIVEN.

### Create

PULL OUT A FEW PHOTOS OF YOURSELF WHEN YOU WERE YOUNGER. THEN  
CHOOSE ONE PHOTO AND WRITE A LETTER TO YOUR YOUNGER SELF. SHARE YOUR  
AGE-WON WISDOM AND ADVICE. SPEND 30 MINUTES ENCOURAGING HER WITH  
YOUR WORDS.

## AMISH BREAD

\* 2 C WARM WATER

\* 1 T SUGAR

\* 1 1/2 T ACTIVE DRY YEAST

\* 1 1/2 TSP SALT

\* 1/4 C VEGETABLE OIL

\* 1/4 C HONEY

\* 6 C BREAD FLOUR

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IN A LARGE BOWL, DISSOLVE THE SUGAR IN WARM WATER. THEN STIR IN YEAST. ALLOW TO PROOF UNTIL YEAST RESEMBLES A CREAMY FOAM. MIX SALT, OIL AND HONEY INTO THE YEAST. MIX IN 5 CUPS FLOUR 1 CUP AT A TIME.

POUR THE 6TH CUP OF FLOUR ON COUNTERTOP AND DROP DOUGH ON TOP. KNEAD DOUGH UNTIL SMOOTH. PLACE IN A WELL-OILED BOWL AND TURN DOUGH TO COAT. COVER WITH A CLEAN, THIN DISHTOWEL. ALLOW TO RISE UNTIL DOUBLED IN BULK, ABOUT 1 HOUR. PUNCH DOUGH DOWN. KNEAD FOR A FEW MINUTES (USE A LITTLE MORE FLOUR IF NECESSARY TO KEEP FROM STICKING) AND DIVIDE IN HALF.

SHAPE INTO 2 LOAVES AND PLACE INTO 2 WELL-OILED 9×5 INCH LOAF PANS. COVER AND LET DOUGH RISE FOR 30 MINUTES OR UNTIL DOUGH IS ABOUT 1 INCH ABOVE PANS. BAKE AT 350 DEGREES FOR 25 MINUTES.

## DAY 2

### Consider

SELF-CARE IS NEVER A SELFISH ACT. IT IS SIMPLY GOOD STEWARDSHIP OF THE ONLY GIFT I HAVE, THE GIFT I WAS PUT ON EARTH TO OFFER OTHERS.

PARKER PALMER

### Journal

HAVE YOU EVER CONSIDERED THAT YOU AREN'T YOUR BEST SELF FOR OTHERS WHEN YOU'RE NOT TAKING CARE OF YOU? WHAT WOULD YOUR IDEAL DAY LOOK LIKE IF YOU COULD SCHEDULE IN TIME JUST FOR YOU?

### Create

SPEND 30 MINUTES WALKING ALONE IN A PLACE IN YOUR TOWN THAT YOU'VE NEVER VISITED. MOVING YOUR BODY IS GOOD FOR YOUR MIND. WALKING IN A NEW SPACE WILL OPEN YOUR EYES TO HOW BIG THE WORLD IS AND HOW OTHERS LIVE.

# BANANA NUT MUFFINS

- \* 3 RIPE BANANAS
  - \* 1 C VEGETABLE OIL
  - \* 2 EGGS
  - \* 1 C SUGAR
  - \* 2 C FLOUR
  - \* 2 TSP BAKING POWDER
  - \* 1 TSP BAKING SODA
  - \* 1 TSP SALT
  - \* 1/4 TSP MACE
  - \* 1 TSP VANILLA EXTRACT
  - \* 1/2 C WALNUTS, TOASTED  
(OPTIONAL)
  - \* 1 C DARK CHOCOLATE MORSELS  
(OPTIONAL)
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PREHEAT OVEN TO 350 DEGREES.

PLACE BANANAS IN A MIXING BOWL AND BEAT WITH AN ELECTRIC MIXER UNTIL PUREED OR MASHED. MIX IN THE OIL AND SUGAR. ADD THE EGGS ONE AT A TIME. SIFT THE DRY INGREDIENTS SEPARATELY AND GRADUALLY ADD THEM. ADD THE VANILLA. FOLD IN THE NUTS AND CHOCOLATE (SAVING A FEW TO SPRINKLE ON TOP).

BAKE IN FOIL OR PARCHMENT PAPER LINED MUFFIN PAN FOR ABOUT 20 MINUTES. MAKES ABOUT 1 DOZEN MUFFINS.

## DAY 3

### Consider

ART ENABLES US TO FIND OURSELVES AND LOSE OURSELVES AT THE SAME TIME. THOMAS MERTON

### Journal

GOD WANTS US TO REST AND HE WANTS US TO PLAY. WHAT KIND OF THINGS DID YOU DO AS A CHILD WHEN YOU PLAYED? MAKE A LIST OF THINGS YOU LOVED TO DO WHEN YOU WERE LITTLE, THEN ADD IN A FEW OF THOSE ACTIVITIES TO YOUR SCHEDULE.

### Create

PULL OUT ART SUPPLIES, WHETHER THAT'S A SIMPLE WATERCOLOR SET OR MAGAZINES/SCISSORS/GLUE TO MAKE COLLAGES. SPEND 30 MINUTES BEING CREATIVE WITH NO GOAL IN MIND OTHER THAN LETTING YOUR IMAGINATION RUN FREE.



## MIMI'S PUMPKIN BREAD

- \* 3 1/3 C FLOUR
  - \* 3 C SUGAR
  - \* 2 TSP BAKING SODA
  - \* 1 1/2 TSP SALT
  - \* 2 TSP CINNAMON
  - \* 2 TSP NUTMEG
  - \* 1/2 TSP GINGER
  - \* 2/3 C WATER
  - \* 2/3 C VEGETABLE OIL
  - \* 4 EGGS
  - \* 2 C CANS OF PUMPKIN (JUST PUMPKIN, NOT PUMPKIN PIE MIX)
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COMBINE DRY INGREDIENTS IN A LARGE BOWL. ADD REMAINING INGREDIENTS AND MIX WELL WITH A HAND MIXER.

POUR INTO 2 GREASED AND FLOURED PANS (OR USE BAKER'S JOY!).

BAKE AT 350 DEGREES FOR 1 HOUR.

IF USING A GLASS PAN, DECREASE HEAT TO 325 DEGREES. ALLOW TO COOL 15 MINUTES BEFORE REMOVING FROM PAN TO COOL ON WIRE RACK. COOL 1 HOUR BEFORE SLICING.

## DAY 4

### Consider

EVERY DAY IS A COLLECTION OF MOMENTS. HOW MANY OF THEM CAN YOU LIVE WITH GOD? START WHERE YOU ARE AND GROW FROM THERE. JOHN ORTBERG

### Journal

IT'S EASY TO GET CAUGHT UP IN THE IDEA THAT THE MOST IMPORTANT TIME WE SPEND WITH GOD IS AT CHURCH OR READING THE BIBLE. HOW WOULD IT CHANGE THINGS FOR YOU IF YOU STARTED SEEING EVERY LITTLE MOMENT, FROM THE TIME YOU WAKE UP UNTIL YOU REST AT NIGHT, AS TIME WITH GOD?

### Create

GET IN THE GARDEN. SPEND 30 MINUTES POTTING A SUCCULENT OR TIDYING A GERANIUM. YOU COULD EVEN PLANT A SMALL VEGETABLE GARDEN AND WATCH IT GROW.

# CHICKEN AND DUMPLINGS

- \* 2 LBS CHICKEN BREASTS
- \* GARLIC SALT
- \* BLACK PEPPER
- \* 2 QUARTS CHICKEN BROTH

FOR THE DUMPLING PASTRY:

- \* 2 C FLOUR (PLUS MORE)
- \* 1/2 TSP BAKING POWDER
- \* 1/2 TSP SALT
- \* 2 T SALTED BUTTER
- \* 1 C MILK

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GENEROUSLY SPRINKLE CHICKEN BREASTS WITH PEPPER AND GARLIC SALT OR OTHER SPICES. BAKE AT 350 DEGREES FOR ABOUT 20 MINUTES OR UNTIL TENDER. WHEN COOL, CUT OR TEAR INTO 1-2 INCH PIECES.

IN A BOWL, MIX FLOUR, BAKING POWDER AND SALT. CUT IN BUTTER. WHEN THOROUGHLY INCORPORATED, ADD 3/4 C MILK (OR MORE) UNTIL PASTRY FORMS A DOUGH BALL. HEAVILY FLOUR COUNTERTOP AND PAT OUT DOUGH USING FLOUR AS NECESSARY TO MANAGE DOUGH. WITH A DULL KNIFE, CUT DOUGH INTO 1-2 INCH CUBES.

BRING CHICKEN BROTH TO A BOIL IN A LARGE POT. DROP DUMPLINGS IN 1 AT A TIME, GENTLY STIRRING TO KEEP THEM FROM STICKING TOGETHER (DON'T WORRY ABOUT EXCESS FLOUR ON THE DUMPLINGS, IT JUST THICKENS THINGS UP NICELY). COOK FOR 15 MINUTES, THEN CAREFULLY ADD THE CHICKEN. SIMMER 5 MORE MINUTES AND YOU'RE DONE!

## DAY 5

### Consider

HERE I AM. THIS IS THE BODY-LIKE-NO-OTHER THAT MY LIFE HAS SHAPED. I LIVE  
HERE. THIS IS MY SOUL'S ADDRESS. BARBARA BROWN TAYLOR

### Journal

WHEN YOU ARE AT ODDS WITH YOUR BODY'S SHAPE OR CONDITION, YOU'RE IN A  
NO-WIN SITUATION. HOW COULD YOU TREAT YOUR BODY MORE  
COMPASSIONATELY TODAY?

### Create

PICK YOUR FAVORITE PLAYLIST, LIGHT A CANDLE AND TIDY YOUR CLOSET. PULL  
OUT THE CLOTHES THAT DON'T MAKE YOU FEEL GOOD WHEN YOU WEAR THEM  
AND THEN GIVE THOSE CLOTHES AWAY. FINISH UP YOUR DAY WITH A BATH AND  
YOUR FAVORITE BATH BOMB.

# DOUBLE CHOCOLATE CHIP COOKIES

\* 1 BOX DEVIL'S FOOD CAKE MIX

\* 1/2 C UNSALTED BUTTER,  
SOFTENED

\* 1 TSP VANILLA EXTRACT

\* 2 EGGS

\* 1 C WHITE CHOCOLATE CHIPS

\* 1/2 C WALNUTS OR PECANS,  
CHOPPED (OPTIONAL)

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PREHEAT OVEN TO 350 DEGREES. BEAT CAKE MIX, BUTTER, VANILLA AND EGGS IN A LARGE BOWL ON MEDIUM SPEED UNTIL SMOOTH. STIR IN CHOCOLATE CHIPS AND NUTS.

DROP DOUGH BY ROUNDED TABLESPOONFULS ABOUT 2 INCHES APART ONTO AN UNGREASED COOKIE SHEET.

BAKE 8-10 MINUTES OR UNTIL EDGES ARE SET (CENTERS SHOULD BE SOFT). COOL 1 MINUTE, THEN REMOVE FROM COOKIE SHEET TO WIRE RACK. MAKES 5 DOZEN COOKIES.