



MPW
MISSION POSSIBLE WORLDWIDE

SELF-CARE BLUEPRINT

Wellness Is Wealth – Spirit, Soul, and Body Alignment

At Mission Possible Worldwide, we believe true prosperity begins within. Self-care is not selfish — it is stewardship. Use this blueprint to bring your wellness into Kingdom alignment across Spirit, Soul, and Body.



1. Spirit Care

- Daily Devotion + Prayer
- Declare the Word over your life
- Worship, fasting, or solitude
- Stay connected to Kingdom community

3 John 1:2 – “Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.”

2. Soul Care

- Journaling or therapy
- Mental rest: unplug from screens, overthinking, or comparison
- Intentional gratitude & reflection
- Decluttering your environment

Romans 12:2 – “Be transformed by the renewing of your mind...”

3. Body Care

- Hydration + Whole Foods
- Sleep + Recovery (minimum 7 hrs)
- Movement: walking, stretching, workouts
- Preventive health checkups

1 Corinthians 6:19 – “Your body is a temple of the Holy Spirit...”