

quarterly soundtrack audit



A guided practice to reflect on the past season, renew your mind and realign your goals.

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

“Take captive every thought and make it obedient to Christ” – 2 Corinthians 10:5

1. Check In

Which emotions have shown up most frequently this past quarter? *Check all that apply*

- | | | |
|------------------------------------|--------------------------------------|---------------------------------------|
| <input type="checkbox"/> Joyful | <input type="checkbox"/> Anxious | <input type="checkbox"/> Disappointed |
| <input type="checkbox"/> Peaceful | <input type="checkbox"/> Sad | <input type="checkbox"/> Uncertain |
| <input type="checkbox"/> Grateful | <input type="checkbox"/> Angry | <input type="checkbox"/> Regret |
| <input type="checkbox"/> Hopeful | <input type="checkbox"/> Fearful | <input type="checkbox"/> Embarrassed |
| <input type="checkbox"/> Loved | <input type="checkbox"/> Shameful | <input type="checkbox"/> Resentful |
| <input type="checkbox"/> Confident | <input type="checkbox"/> Guilty | <input type="checkbox"/> Insecure |
| <input type="checkbox"/> Content | <input type="checkbox"/> Lonely | <input type="checkbox"/> Numb |
| <input type="checkbox"/> Excited | <input type="checkbox"/> Frustrated | <input type="checkbox"/> Motivated |
| <input type="checkbox"/> Curious | <input type="checkbox"/> Jealous | <input type="checkbox"/> Empathic |
| <input type="checkbox"/> Inspired | <input type="checkbox"/> Overwhelmed | <input type="checkbox"/> Vulnerable |

Where have you sensed God's presence recently?

Where do you want to trust God more in your life?

2. Review

What thoughts have been on repeat in your mind this quarter?

My Top Current Soundtracks	ASK yourself is it...			Does this soundtrack need replacing?
	True?	Helpful?	Kind?	
Example: "I'm behind. I'll never catch up."	✖	✖	✖	✓

Click for the full [Soundtracks to Renew Our Minds document](#)

3. Reflect

Use the STEAR model to explore a recent challenge or situation:

S – Situation	<i>What happened? What situation did you walk through? What was the neutral, observable fact or event?</i>
T – Thought	<i>What did you think about it? What has been playing on repeat in your mind about the situation?</i>
E – Emotion	<i>How did you feel about it? What emotion did that thought create?</i>
A – Action	<i>What did you choose to do? What did you do (or avoid doing) because of how you felt?</i>
R – Result	<i>What was the outcome? What outcome did that action lead to?</i>

Click for the full [STEAR document](#)

4. Reset

Review your short or long term goals from the previous season

Goal	Where did I see God show up?	Progress	Do I need a new soundtrack to help this goal progress?
		<input type="checkbox"/> Met <input type="checkbox"/> Ongoing <input type="checkbox"/> Stalled	
		<input type="checkbox"/> Met <input type="checkbox"/> Ongoing <input type="checkbox"/> Stalled	
		<input type="checkbox"/> Met <input type="checkbox"/> Ongoing <input type="checkbox"/> Stalled	

Click for the full [How to Set a Goal and Make a Plan document](#)

5. Renew

List any unhelpful soundtrack(s) you've identified that need to be replaced in your life:

Old Soundtrack that needs replacing	New Soundtrack based on truth
Example: "I'm behind. I'll never catch up."	<i>I am on God's timeline - and he is never rushed or late. God is preparing me for what's next." Philippians 1:6</i>

Borrow a New Soundtrack

"God's got this — I'm not on my own." (David)

*"I can do hard things — with Jesus,
I'm stronger than I feel." (Paul)*

"I don't need what's easy — I need what's true." (Jesus)

"Failure isn't final — God's not done with me." (Peter)

"I don't need full clarity to give full obedience." (Mary)

*"God's presence doesn't eliminate fear,
it overwhelms it with purpose." (Joshua)*

"I can worship even when I don't understand." (Job)

*"Even if I'm overlooked,
I'm still deeply known and loved." (Hagar)*

"God's grace covers what I'd rather erase." (Paul)

"What hurt me doesn't have to hold me." (Joseph)

"If God's calling, I'm going." (Isaiah)

"If it costs me comfort, it's still worth it." (Esther)

"I'll stay when it's easier to leave." (Ruth)

*"God didn't choose me because I'm worthy -
He makes me worthy by His grace." (Moses)*

"I don't need control to have peace." (Jesus)

"I feel low, but I'll still look up." (David – Psalms)

"I don't have to carry it all — God already is." (Martha)

6. Rhythm

Build a rhythm of reflection by scheduling your next Soundtrack Review:

- ☐ Add to your calendar every 3 - 4 months
- ☐ Pair it with another routine (e.g., season change, birthday, quarterly planning, etc)
- ☐ Share your review with a trusted friend/mentor and ask them to hold you accountable