

S.O.A.P Notes for Nurses

Hey there nurses! Use this familiar tool to document what you notice about yourself in a particular area of life where you are struggling. Feel free to have multiple notes at a time!

(S) SUBJECTIVE:

Document what you notice about your daily interactions, and/or what you feel about yourself (your emotions, physical sensations, reactions, changes in health):

(O) OBJECTIVE:

Document the truth about what God says about you, your relationship with Him, and/or your circumstances related to the area of life you chose. Include supporting scriptures:

(A) ASSESSMENT:

Document what changed and what remained the same after implementing reset strategies. Document any changes that occurred after applying scripture to real life circumstances:

<i>Before Reset Strategy</i>	<i>After Reset Strategy</i>

<i>Before Scripture Application</i>	<i>After Scripture Application</i>

(P) PLAN:

Document next steps and what it will take to implement them:
