

Self Assessment

Date: _____

Spiritual Health _____

When I spend time in prayer, what is it like?

In my Scripture reading lately, what themes am I seeing?

How am I fulfilling the great commission? [Go make disciples]

How am I fulfilling the great commandment? [Love God, love people]

How am I fulfilling the great commitment? [Devotion to the church]

Who is discipling me to my next level? What do I need to tell them that would bring me closer to Jesus?

Who am I currently discipling to their next level? What do they need from me that they aren't getting?

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Relational Health _____

How are my closest six relationships doing right now? [Name - Relationship health]

Who am I going to for help emotionally? What is one area I don't process my emotions well?

Who is not getting the best of my emotions right now?

Is my family getting the best from me each day? How?

How does my family know and feel loved by me?

What conversations am I having with my family?

What do my family members need right now that will draw them closer to Jesus?

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Professional and Financial Health

Who am I going to for help professionally? What is one thing that would greatly help me in my professional life?

How [am I/are we] doing financially?

What is one way I am stewarding God's resources well?

What is one way I am *not* stewarding God's resources well?

Where am I investing in eternal things?

Where am I stealing from eternal things?

Are we meeting any financial goals as a family? Why or why not?

Self Assessment

Physical Health and Goals

How are my eating habits?

What do I want to be true a year from today?

If I could quit something in my life today, what would it be and why?

What is one thing I've learned in the last six weeks? Have I shared it with anyone?

If I knew I would die tomorrow, what would I do today?