

Personal Assessment

John 10:10 (NKJV) ¹⁰"The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly."

Jesus came, suffered and died for believers to experience "The Abundant Life." This is a means of experiencing satisfaction and wholeness in every area of life. Read each of the following assessment questions in consideration of your current state. The questions are designed to help you determine where you are on a scale of one to ten in key areas.

1 = Poor

10 = Excellent

Spiritually – Do you practice regular quiet times with the Lord? Are you spiritually healthy (Fruit of the Spirit in manifestation)?

1 2 3 4 5 6 7 8 9 10

Physically – Are you enjoying divine health? Are you at an ideal weight? Are there things you can do that will enhance your physical life?

1 2 3 4 5 6 7 8 9 10

Financially – Are you enjoying debt-free living? (No debt other than mortgage debt) Do you have financial stress? Do you have spending habits that keep you in cycles of debt?

1 2 3 4 5 6 7 8 9 10

Socially – Are you well-adjusted socially? Do you have regular times of fellowship with friends and family? Are you good at reaching out to and meeting others?

1 2 3 4 5 6 7 8 9 10

Emotionally – Are you usually in a positive emotional state? Do you have mood swings? Are you generally "happy-go-lucky," or a "stressed emotional wreck?"

1 2 3 4 5 6 7 8 9 10

Part 2 – Action Plan (For all areas where you scored below 7, complete a separate plan for each area.)

Where am I currently? (List habits/practices that need improvement.) What will it take for me to be a 10 in this area?

Area: _____ (i.e. socially)

Where do I want to be? What are steps that I need to take?

Action Plan:

Write specific actions along with dates/deadlines for implementation.

Discuss your plan with a close friend or relative so that they can help keep you accountable.