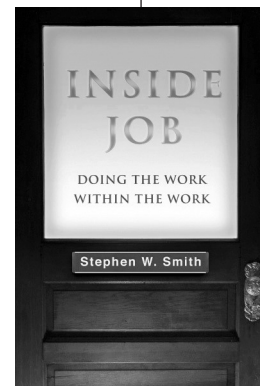


A Self-
Assessment
Exercise on
The State of
Your Soul



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Doing a self-assessment of the State of your Soul requires taking a look in the mirror to see how you are REALLY doing. By “really doing,” I mean in all aspects of your life. By reflecting on these questions, you’ll have an opportunity to survey your life and gain awareness of what is going on and how things are. Look at it this way, a mechanic lifts up the hood of your automobile to examine the engine which you cannot see from the outside. This is the look under your hood—a look at your physical, emotional, vocational, relational and stewarding life. We are confident you’ll find other questions and tools to help you in this evaluation of your life and as you do, add them and share them.

YOUR PHYSICAL LIFE

1. When is the last time you had a physical examination by a physician and what feedback did you get: (write it here)
 - a. *I need to work on:*
 - b. *I want to:*
 - c. *My allies to help me in this will be:*
2. On average, how much sleep in hours do you get a night?
3. List two books you’ve read in the past year regarding helping you gain insight to your own physical health:
4. In the area of your own DESIRE and LONGING to be well: How would you express your DESIRE for physical well-being and improved health?

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5. On a scale of 1-10 with 1 being, “I feel lousy most all the time” to 10 being, “I have the sense that I am feeling well and doing well and all my inner systems are excellent” —give a number to help you land on how you feel on average on a daily basis.

6. What can you do in practical terms to improve your over-all physical health by 20% in six-twelve month: (Get a physical; make a choice to face the facts about my weight and choose a program to help me lose 2 lbs a week for the next 12 weeks or something like that:

7. Look at the way you are eating and what you are eating. Do you believe you are “eating to live or living to eat?” How do you see these paradigms in your own life.

8. What choices are you making about exercise? Can you make a choice to engage on a MORE regular basis than you are at present and if so, what do you want your choice and plan to look like: (Example: I want to walk 10,000 steps five days a week; I want to go to a gym 4 days a week; I want to walk 2 miles a day—4 days a week; I want to stand up more and sit down less each day, etc)

9. How does your physical health and sense of well-being impact your spiritual journey?

Suggestions for Reading: *Food Rules* by Michael Pollan; *Eat to Live* by Joel Fuhrman, MD.; *Eat, Move, Sleep: How Small Choices Lead to Big Changes* by Tom Rath

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YOUR EMOTIONAL HEALTH

1. To what extent do you think you know and have you explored your story of formation, development and growth? How have you looked back at your journey focusing not just on your physical development but your emotional development at your emotional journey?
2. What role do you feel emotions were displayed, experienced and shown in your family of origin? (Example: Who seemed happy in your family? Who seemed angry? How was grief molded to you as a child, teen? What do you do with when you experience sadness? (Withdraw, eat more, sleep more, etc?)
3. Author Peter Scazzero has written, "It is virtually impossible to be spiritually mature while remaining emotionally immature." How does this quote strike you?
4. Consider writing in your journal or making a chart where you can track your feelings and emotions for a month. (Example: "Today, I feel overwhelmed and anxious---there's too much on my plate." Observe yourself for 30 days and invite a friend to share in your observations. What did you observe about yourself? What does this 30 day assessment reveal?
5. If you are in a group, suggest to the group that each person take 30-60 minutes to tell their story to the group. Tell your story in five year increments sharing who were the primary figures in your story; where were you living at this season; What factors were going on around you that stirred up things INSIDE you at that time?, etc
6. How does your emotional life impact your spiritual life?

YOUR VOCATIONAL HEALTH

1. How do you think your “work” has and is currently affected your soul?
2. Do you think your work is life-giving or toxic and how?
3. Do you work to live or live to work? What’s the difference?
4. What do you WANT to do vocationally and what are the specific barriers you need to cross to move towards your vocational desires?
5. Do you have a sense of “satisfaction” about your work? How so or why not?
6. Wherever you are in your chronological age, how are you viewing retirement and what does that word stir up inside you?
7. List five words that would describe your vocational journey thus far: (Each word would be a word you’d choose to label and give definition to your vocational journey):
8. Is your job—you? In other words, do you have a sense you were made to do your job? Explore this more.

Suggested Reading: *Let Your Life Speak* by Parker Palmer; *Crossing the Unknown Sea* by David Whyte; *Soul Custody* by Stephen W. Smith

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YOUR RELATIONAL LIFE

1. Name the people in your life that are life-giving—that pour into you, bring your joy and who are “for” you and not against you. (By “for” you, I mean the friends who genuinely seek your best interest; people you trust and people you experience a reciprocal nature to the relationship. (Reciprocal is the key word here.)
2. Where does friendship fit into your life and lifestyle at the present? How much time do you invest in building and maintaining friendship and what does this look like?
3. How do your relationships impact your spiritual journey?
4. What can you do in the next 30-60 days to foster healthy relationships?
5. Are there relationships that you feel the need to go back to and ask for forgiveness; seek reconciliation? What does this need to look like for you to move to clean things up that have become messy in your relationships?
6. If you have a spouse/family, name five words that would describe your relationship and daily interactions. Be specific looking at your relationship with each person in your immediate family. If you are single, who do you define as your community and is there a sense of “family” experienced in these relationships? Why/Why not?

Suggested Reading: *Soul Custody* by Stephen Smith (especially the chapter on Soul Companions: Choosing Your Friends; *The Gift of Spiritual Friendship* by David Benner

YOUR STEWARDSHIP LIFE

1. How do you feel about the words of Jesus when he says, “It is more blessed to give than to receive.” (quoted in Acts 20:35 by Paul).
2. How would you describe a generous person and what does a generous person look like in today’s world?
3. If your closest friends and associates were to describe you, do you think they would choose to use the word “generous” as a descriptor word?
4. How does your generosity impact your spiritual life?
5. Do you have a sense that this is an area, you’d like to and feel the need to foster in your life? If so, how? If not, why not?
6. How does your sense of being a generous person impact your sense of stewarding creation? What roles and responsibility do you feel in this arena?

Suggestions for Reading: *Money, Sex and Power* by Richard Foster; *Christians in an Age of Wealth: A Biblical Theology of Stewardship* by Craig Blomberg; *Christians in an Age of Wealth: A Biblical Theology of Stewardship (Biblical Theology for Life)* Paperback – November 26, 2013 by Craig L. Blomberg (Author), Jonathan Lunde (Editor)

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