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Cultivating Wholeness: Personal Assessment

The following personal assessment is designed to assist you in reviewing the various areas of your Christian walk and spiritual development. The intent is to help you determine your degree of confidence and satisfaction in a variety of areas, and identify areas of corresponding need. It is our desire to help give you direction and purpose in your relationship with God, Christ, and the other members in the Body of Christ.

We commonly fail to see ourselves clearly. Most of the time this is because we either exaggerate or discount our strengths and weaknesses. By using this assessment in two ways you will be able to more accurately know yourself. The first way to use this assessment is to complete it yourself. The second way is to give it to a few trusted friends who know you well. By comparing your assessment with the evaluation of others you should be able to gain a more accurate picture of your true state. Once this is done you can then make a commitment to work on those areas where change is warranted. The best way to change is not by trying to go from a 1 to a 5, but from a 1 to a 2, or a 3 to a 4.

Please use a rating scale of 1 for low and 5 for high. Remember, we can't change what we don't know.

General assessment

	1	2	3	4	5
My length of time as a Christian					
My level of spiritual maturity					
My relationship with God					
My relationship with Jesus					
My relationship with others					
My knowledge of the Scripture					
My operation of the holy spirit					
My understanding of the fruit of the spirit					
My understanding of the spiritual battle					
My stewardship					
Points possible: 10-50					
My Score:					

Your Spiritual Life

My relationship with God

	1	2	3	4	5
My prayer life with God					
My worship of God					
Understanding God's love and concern for me					
Knowing God as my Father					
My ability to see God's goodness and fairness					
My ability to see God in His creation					
Points possible: 6-30 My Score:					

My relationship with Jesus

	1	2	3	4	5
My prayer life with Jesus					
My worship life of Jesus					
Knowing my perfect standing in Christ					
Knowing my function in the Body of Christ					
My ability to see Christ actively involved in my life					
My ability to see Christ in myself					
My ability to see Christ in others					
Points possible: 7-35 My Score:					

My knowledge of God's Word

	1	2	3	4	5
My confidence in the integrity of Scripture					
My understanding the principles of biblical interpretation					
My understanding of the canon of Scripture					
My confidence in absolute truth and right doctrine					
My accuracy in knowing doctrinal positions					
My understanding of the manifestations of the holy spirit					
Points Possible: 6-30 My Score					

My operation of the gift of holy spirit

	1	2	3	4	5
My overall operation of the manifestations of holy spirit					
My operation of the Worship manifestations					
Speaking in Tongues					
Tongues with interpretation					
Prophecy					
My operation of the Revelation manifestations					
Word of Knowledge					
Word of Wisdom					
Discerning of Spirits					

My operation of the Power manifestations					
Faith					
Miracles					
Gifts of Healing					
My private operation of the manifestations					
My comfort in public operation (corporate usage)					
Points Possible: 12-60	My Score:				

My understanding of the fruit of the spirit

	1	2	3	4	5
My understanding of the character of Christ					
My understanding of the individual fruit of the spirit					
My ability to demonstrate the fruit of the spirit					
Love					
Joy					
Peace					
Patience					
Kindness					
Goodness					
Faithfulness					
Gentleness					
Self-control					
Points Possible: 11-55	My Score:				

My understanding of the spiritual battle

	1	2	3	4	5
My understanding of the reality of the Devil, the Adversary					
My knowledge of Satan's kingdom					
My knowledge of the authority I have over the Devil and demons					
My ability to recognize demonic movements in society					
My ability to recognize demonic activity in individuals					
My understanding on how to deal with demonized people					
My understanding of prayer, praise, and worship in the spiritual battle					
Points Possible: 7-35	My Score:				

Your Personal Life

My relationship with others

	1	2	3	4	5
My relationships in general					
My accountability to others					
My ability to work with others					
My overall trust of others					

My relationships with my family					
My father					
My mother					
My siblings					
My extended family					
My marriage					
The general quality of my marriage					
The security of my relationship					
The quality of our communication					
My children					
My parenting of my children					
My raising of my children in the ways of the Lord					
My Christian education of my children					
My enjoyment of my children as the Lord's heritage					
My friends					
My general relationships with my friends					
My friends supporting me in godliness					
My spending quality time with my friends					
My employment					
My relationship with my employer					
My relationship with my supervisor					
My relationships with co-workers					
Possible Points: 21-105					
My Score:					

My relationship with myself

1 2 3 4 5

Self-awareness					
Knowledge of my strengths					
Knowledge of my weaknesses					
Knowledge of my likes					
Knowledge of my dislikes					
Character					
My commitment to godliness					
My commitment to growth					
Integrity					
Authenticity					
Trustworthiness					
Loyalty					
Humility					
Perseverance					
Attitude of service					
My repentance as a habit					
My ability to forgive others					
My ability to forgive myself					
My sense of well-being					
My attitude towards life in general					
My attitude towards the past					
My attitude towards the future					

My level of self-confidence					
My self-talk about others is generally positive or negative? (1=very negative; 5=very positive)					
My self-talk about myself is generally positive or negative? (1=very negative; 5=very positive)					
Possible Points: 23-115					
My Score:					

My relationship with others in my faith community

	1	2	3	4	5
My connection with others in my faith community					
My attendance of a fellowship or church					
My seeing others outside of church in social settings					
My care for those in my church					
Possible Points: 4-20					
My Score:					

My stewardship

	1	2	3	4	5
My body					
My overall health					
My general care for my body					
My eating habits					
My exercise habits (1=never; 5=3 or more times a week)					
My use of tobacco (1=daily; 5=never)					
My use of alcohol (1=3 or more drinks per day; 5=moderate or no consumption per day)					
My use of drugs (including marijuana)					
My employment					
My consistency with employment					
My diligence at work					
My attendance					
My consistency with being on time					
My resources					
My sense of financial security					
My care for the needs of my family and myself					
My level of giving financially					
My level of general generosity					
The worthiness of causes I support					
The worthiness of people that I support					
My spending habits					
My planning for the future					
My faithfulness in saving					
My use of time					
My tendency to procrastinate					
My ability to plan ahead					

My ability to execute my plans					
My ability to complete tasks					
My planning for leisure time					
My effective use of leisure time					
My planning for enough leisure time					
Possible Points: 27-135					
My Score:					

Recap

Please use the space provided below to list your strengths and weaknesses (from the items above). It is not our desire that you merely identify your weaknesses but that you also identify and are encouraged by your strengths. Once you've identified your weaknesses you can use this knowledge to develop an action plan. Consider prioritizing them and then possibly enrolling a friend as an accountability partner to help check and encourage you in your progress.

Strengths		
Item	Score	Description of action plan

Weaknesses		
Item	Score	Description of action plan