



Self Assessment

Name: _____ Date: _____

Email: _____

Phone: _____ Church: _____

"I" statements	Strongly agree	Agree	Neutral	Disagree	Strongly Disagree
I have accepted Christ as Lord and Savior.					
I have made a public statement of faith by following Christ in baptism.					
I pray and read the Bible regularly.					
I regularly assess and take ownership of my spiritual growth.					
I am satisfied with my spiritual life.					
I attend my church worship gatherings regularly.					
I support my church financially with regularly giving a percent of my income.					
I am satisfied with the way I steward my money.					
I have attended or am attending discipleship classes.					
I understand and support my church's vision and mission for ministry.					
I attend a small group.					
I have connected with others at my church in significant authentic relationships.					
I know my gifts, passions, skills, personality, and experiences and how they determine where I should serve in and outside of my church.					
I volunteer at my church in a					

ministry I feel I am gifted and wired to do, and I am fruitful and fulfilled in it.					
I volunteer outside of my church.					
I share my faith by being an example and sharing my story with others.					
I develop relationships with people who are far from God at work, my neighborhood, school, etc.					
I invite friends, family, co-workers, and neighbors to my church's worship gathering and other events.					
I spend quality time with my spouse on a regular basis.					
I believe that my children would say that I spend a substantial amount of time with them weekly.					
I believe my family is only second to my relationship with God (not to work, ministry, or other) and that I show this with my attitude and my behavior.					
I am satisfied with my marriage and family.					
I am satisfied with my friends.					
I am satisfied with my fun/recreational activities.					
I am satisfied with my career.					
I pursue healing and wholeness in my life through discovering and addressing issues, hurts, habits, etc (through LIFE Mentoring, counseling, or other avenues).					
I am satisfied with my health (mental and physical).					
I am satisfied with my physical environment.					
I understand and support the purpose of LIFE Coaching.					
Comments:					