




## Personal Wellness Assessment

This is a self-assessment. The answers will fall on a range. Observe your answers and where you want to be. Using the phrases below, describe these areas of your life.

1) your personal spiritual health	Dry		Vibrant
2) the health of your marriage/ close relationships	Struggling		Flourishing
3) your consistency in taking adequate time off	Never		Always
4) the health of your work team	Inadequate		Thriving
5) your personal emotional health	Empty		Strong
6) you social/ engaging in social groups health	Isolated		Connected
7) your efforts at physical health	Missing		Consistent
8) your practice of "Sabbath" (day of rest)	Never		Weekly
9) your rhythm of reading books that "feed your soul"	Never		Frequently
10) your describe your personal prayer life	Struggling		Vibrant
11) your need for approval from others	Frequent		Rare
12) your level of authenticity in close relationships	Guarded		Fully known
13) your general interaction with people in recent months	Harsh		Gentle
14) your sense of community in your work life	Non-existent		Deep
15) If applies, the health of your marriage	Struggling		Flourishing
16) the level of honest feedback you receive	Guarded		Open
17) your relationship with your children	Strained		Healthy
18) your personal finances	A mess		Well-managed
19) any internal struggles with feeling inadequate	Constantly		Never
20) your recent efforts at conflict resolution	Dysfunctional		Healthy
21) your leadership as others see it	Task-Driven		Relational
22) your sense of fulfillment in your work	Stale		Life-giving
23) the overall pace of your life	Out of control		Reasonable
24) the balance between your inner life & outer life	Distracted		Alignment

Adapted from Replenish by Lance Witt. This is not intended to be a scientific tool, but instead a tool for personal reflection and contemplation. In soul care, it is most important to ask oneself good questions.