

Six Dimensions of Wellness Snapshot

A Personal Self-Assessment

Where are you thriving? Where could you use some support? This quick snapshot covers six key areas of life to help you see where you are right now — no judgment, just honest awareness.

HOW TO TAKE THIS ASSESSMENT

For each statement, circle the number that best describes you right now.

1 = Strongly Disagree	2 = Disagree	3 = Neutral / Sometimes	4 = Agree	5 = Strongly Agree
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Dimension 1: Emotional & Spiritual Wellness

	1	2	3	4	5
1. I can name what I am feeling without judging myself for it.	<input type="radio"/>				
2. When I'm overwhelmed, I bring my honest emotions to God instead of shutting down.	<input type="radio"/>				
3. I have language for the stories I tell myself and can recognize when they are unhealthy.	<input type="radio"/>				
4. When hard things happen, I can be honest about my pain without abandoning my faith.	<input type="radio"/>				
5. I regularly practice grounding or calming practices (breath, prayer, journaling) when I'm stressed.	<input type="radio"/>				
6. I believe my worth is rooted in who God says I am, not in my performance.	<input type="radio"/>				

Dimension 1 TOTAL SCORE: _____ / 30

Dimension 2: Mental Health & Habits

	1	2	3	4	5
7. I notice my automatic thoughts and can challenge or reframe them when needed.	<input type="radio"/>				
8. I have daily or weekly rhythms that support my mental health (planning, reflection, margin).	<input type="radio"/>				
9. I can usually distinguish between real barriers and the excuses my mind creates.	<input type="radio"/>				

10. When I feel stuck, I know practical tools to move from intention to action.	<input type="radio"/>				
11. I am aware of my unhelpful mental patterns (all-or-nothing thinking, catastrophizing, perfectionism, etc.).	<input type="radio"/>				
12. I regularly set small, realistic next steps instead of waiting for motivation to appear.	<input type="radio"/>				

Dimension 2 TOTAL SCORE: _____ / 30

Dimension 3: Physical Health & Fitness

	1	2	3	4	5
13. I generally get enough sleep to feel restored and functional most days.	<input type="radio"/>				
14. I pay attention to my body's warning signals (fatigue, pain, brain fog) instead of ignoring them.	<input type="radio"/>				
15. I move my body intentionally (walking, stretching, exercise) multiple times each week.	<input type="radio"/>				
16. I think of food primarily as fuel to support my life, not just as comfort or entertainment.	<input type="radio"/>				
17. I can usually tell the difference between true physical hunger and emotional eating.	<input type="radio"/>				
18. When I feel physically depleted, I have simple reset strategies (rest, water, movement) that I actually use.	<input type="radio"/>				

Dimension 3 TOTAL SCORE: _____ / 30

Dimension 4: Vocational Wellness (Work & Calling)

	1	2	3	4	5
19. I have a growing sense of how my gifts, strengths, and personality are designed to serve others.	<input type="radio"/>				
20. My current work (paid or unpaid) uses at least some of what I do best.	<input type="radio"/>				
21. I can name the current season of my work life and what faithfulness looks like in it.	<input type="radio"/>				
22. I see my work as meaningful — not just survival or a paycheck.	<input type="radio"/>				
23. I'm actively developing at least one of my talents or skills so it can better serve God and people.	<input type="radio"/>				

24. I can notice comparison or envy about others' work and return my focus to my own path.	<input type="radio"/>				
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Dimension 4 TOTAL SCORE: _____ / 30

Dimension 5: Social Wellness (Connection & Community)

	1	2	3	4	5
25. I have at least one or two people with whom I can be fully honest about my struggles.	<input type="radio"/>				
26. I am learning to let trusted people see the real me, not just the version I think they want.	<input type="radio"/>				
27. I regularly practice being present with people (phones away, eye contact, real listening).	<input type="radio"/>				
28. I have, or am actively pursuing, a mix of relationships (mentor, peer, someone I pour into).	<input type="radio"/>				
29. I know how to set or adjust boundaries with family or friends to protect what's healthy.	<input type="radio"/>				
30. I invest time and energy into Christian community (small group, church, or close circle) rather than trying to do life alone.	<input type="radio"/>				

Dimension 5 TOTAL SCORE: _____ / 30

Dimension 6: Financial & Resource Stewardship

	1	2	3	4	5
31. I have a general awareness of my income, expenses, and main financial obligations.	<input type="radio"/>				
32. I see money as a tool to support my calling and serve others, not as my primary source of security or identity.	<input type="radio"/>				
33. I am taking at least small steps toward greater financial stability (budgeting, debt reduction, saving, or wise giving).	<input type="radio"/>				
34. I am learning to distinguish between needs, wants, and "numbing" purchases.	<input type="radio"/>				
35. I can talk with God honestly about money, fear, and provision.	<input type="radio"/>				
36. I have, or am working toward, at least one simple system for managing money more intentionally.	<input type="radio"/>				

Dimension 6 TOTAL SCORE: _____ / 30

Your Results: What Your Scores Mean

Each dimension is scored from 6 to 30. Find your score range below for each area.

Low: 6–14 • Moderate: 15–23 • High: 24–30

Dimension 1: Emotional & Spiritual Wellness

◆ Starting to Look Within (6–14)

Your answers suggest you may be carrying a lot internally without fully knowing how to name or process it. That's okay — this is simply where your journey begins, and there's no shame in starting here. A powerful first step is learning to identify what you're actually feeling and bringing those honest emotions to God. Even five minutes a day of writing "Today I feel ___ because ___" can open a door to deeper healing. Our curriculum walks you through this gently, helping you build an emotional vocabulary, discover your identity in Christ, and develop grounding practices that bring peace when life gets overwhelming.

◆ Growing Resilience (15–23)

You've done meaningful work in emotional and spiritual growth — you're learning to bring more of your real self into God's presence. You may still feel shaky when hard things hit, but there's a solid foundation here. Your next step is developing resilience for the storms. Try committing to one calming practice — like breath prayer, honest journaling, or reading a Psalm — at least three days a week when stress rises. Our curriculum goes deeper here, teaching you grounding practices, how to process pain with faith, and how to build the kind of inner strength that holds steady when everything else shakes.

◆ Deep Wells, Deeper Impact (24–30)

Your responses indicate a strong, honest relationship with God and real comfort in feeling, naming, and processing emotions. You've built deep wells. The invitation now is to share that depth with others. Consider choosing one person you trust and inviting them into regular "real talk" check-ins — ask honest questions, listen well, and walk alongside them. Our curriculum can equip you to guide others through the same kind of emotional and spiritual growth you've experienced, multiplying your impact.

Dimension 2: Mental Health & Habits

◆ Seeing the Patterns (6–14)

Your answers show that your inner world may feel crowded with unexamined thoughts, self-talk, and "stuck" patterns. You likely know a lot of what you should do, but your mind often pulls you off course. Start by simply noticing. Pay attention to the stories you tell yourself — the all-or-nothing thinking, the catastrophizing, the perfectionism — and write one clear replacement statement for your loudest pattern. Post it where you'll see it daily. Our curriculum helps you understand how your brain actually works, identify the mental scripts holding you back, and build practical, grace-filled systems that finally move you from intention to action.

◆ From Awareness to Systems (15–23)

You're already somewhat aware of your thought patterns and you've experimented with habits and rhythms. Still, there are gaps between what you know and what you consistently do. Your next step is building simple "If-Then" plans. Pick one barrier — procrastination, distraction, overthinking — and script a response: "If I feel stuck, then I will take one 5-minute

action instead of scrolling." Our curriculum takes you deeper into habit science, relapse prevention, and how to design practical systems that work even when you're exhausted and overwhelmed.

◆ Stewarding a Focused Mind (24–30)

Your results suggest you've developed strong mental awareness and practical tools for shifting thoughts into action. You're learning to partner with your mind instead of being dragged by it. Now consider applying that skill to a bigger goal. Choose one larger project or dream you've been postponing and map out specific small weekly targets around it. Our curriculum provides a complete framework for scaling your mental discipline toward your biggest calling — turning daily habits into long-term, purposeful impact.

Dimension 3: Physical Health & Fitness

◆ Listening to the Dashboard Lights (6–14)

Your answers hint that your body may feel tired, ignored, or pushed beyond its limits. Symptoms like fatigue, pain, or brain fog might be showing up without compassionate attention. A wise first step is to stop fighting your body and start listening. Pick ONE small action for the next seven days — an earlier bedtime, a glass of water before coffee, or a 10-minute walk. Treat this not as punishment, but as caring for the body God gave you. Our curriculum transforms your relationship with your physical health, helping you see your body as a gift to steward rather than a problem to fix — all in realistic, sustainable steps.

◆ Moving Toward Stewardship (15–23)

You've begun to think about your body as something to care for, not just endure, and you've started some helpful rhythms. There's still room to align your fuel, movement, and rest more closely with your purpose. Try a simple practice: before at least one meal or snack each day, pause and ask, "Is this fueling me or just filling a void?" That gentle pause reshapes choices without shame. Our curriculum walks you through nutrition, movement, rest, and recovery in a way that fits your real life — no gym membership required, no guilt trips, just steady progress.

◆ Refining a Sustainable Rhythm (24–30)

Your responses show strong awareness of your body's signals and regular habits of movement, eating well, and rest. You're treating your body like the gift it is. Now is the time to refine for the long game. Write out a simple weekly rhythm — movement, fuel, rest, recovery — and share it with a trusted friend for gentle accountability. Our curriculum helps you design a sustainable physical wellness plan that carries you through every season, not just the good weeks.

Dimension 4: Vocational Wellness (Work & Calling)

◆ Rediscovering Work as Calling (6–14)

Your answers suggest that work may currently feel like survival, obligation, or confusion more than calling. You may feel unsure how your gifts connect to what you actually do each day. Begin by reframing work itself. Journal about where you feel most alive and where you feel most drained — that contrast reveals clues about your design and purpose. Our curriculum walks you through a biblical understanding of work as worship, helps you discover your unique gifts and strengths, and gives you clarity about the season you're in so you can move with purpose instead of just getting by.

◆ Clarifying Design and Season (15–23)

You show some awareness of your gifts and sense that parts of your work fit you, while other parts don't. You may feel like you're in motion but not fully aligned. Your next step is to name both your design and your current season. Try writing a one-sentence statement about what you do best and telling a trusted friend about the season of work you're in right

now. That language will guide your decisions. Our curriculum goes deeper — helping you map your gifts, understand vocational seasons, and build a plan that aligns your daily work with your God-given calling.

◆ **Multiplying Your Talents (24–30)**

Your results suggest a strong sense of calling, and at least some of your current work fits who you are. You're already treating work as stewardship. Now the question becomes multiplication. Identify one "buried" talent, idea, or project you've been keeping safe and commit to a visible first step — a conversation, a draft, a pilot. The goal isn't hustle; it's faithful increase. Our curriculum helps you build a vocational roadmap, develop the courage to step out, and design rhythms that sustain ambitious, purpose-driven work.

Dimension 5: Social Wellness (Connection & Community)

◆ **From Isolation to Safe Connection (6–14)**

Your answers indicate you may feel alone, guarded, or unsure how to build or trust relationships. You likely carry a lot on your own and wonder if others can really handle the real you. A gentle first step is to understand why connection feels risky. Think about the "mask" you wear most often — the Performer, the Caretaker, the Clown, the Critic — and choose one tiny, low-risk act of honesty with a safe person. Share a real feeling. Ask for help. Our curriculum gently walks you through the theology of connection, helps you understand your relational patterns, and builds your confidence to let people in — at your own pace.

◆ **Practicing Presence (15–23)**

You have some meaningful relationships and are learning vulnerability, but you may still default to busyness, surface-level conversation, or old protection patterns. Your next step is to practice the muscles of engagement. This week, try putting your phone away for one meal and asking someone, "What was a high and low of your week?" — then simply listen. Our curriculum teaches practical relationship skills — active listening, healthy boundaries, burden-bearing — and gives you a community of people who are learning the same things. Small practices create deep community.

◆ **Deepening Covenant & Healthy Boundaries (24–30)**

Your responses point to rich, growing relationships and a willingness to be known and supportive. You understand both the gift and the cost of real community. The invitation now is to strengthen your deepest friendships and refine your boundaries. Ask yourself, "Where do I need to be more honest, and where do I need healthier limits?" Our curriculum helps you navigate family systems, develop covenant-level friendships, and become the kind of safe, steady person others can anchor to.

Dimension 6: Financial & Resource Stewardship

◆ **Facing the Numbers with God (6–14)**

Your answers suggest that money may feel overwhelming, foggy, or something you'd rather avoid. You might not have a clear picture of your situation, which increases stress. A courageous first step is simple honesty. Set aside one "money honesty hour" to write down your basic numbers — income, key expenses, debts — and pray a short, honest prayer over them. Awareness is the doorway to freedom. Our curriculum walks you through a shame-free financial inventory, helps you identify the money stories driving your decisions, and gives you a practical, step-by-step path toward stability and peace.

◆ **Building Simple, Values-Based Systems (15–23)**

You have some awareness of your finances and may be taking small steps, but your systems may still feel inconsistent or reactive. Your next move is to build one simple, repeatable plan that reflects your values. Create a basic monthly outline — Give, Save, Spend — on paper and review it once a week for a month. Our curriculum teaches you how to build sustainable financial rhythms, reduce debt with a clear strategy, and align your spending with what matters most to you — all without guilt or shame.

◆ Expanding Capacity and Generosity (24–30)

Your responses indicate good awareness and intentionality with money. You're viewing it as a tool, not an identity, and laying foundations for stability. Now the invitation is multiplication. Ask, "Where is God inviting me to increase my capacity or generosity?" Consider setting a specific giving goal, creating margin to fund something meaningful, or building a reserve that lowers your chronic stress. Our curriculum helps you design a long-term stewardship plan that turns financial peace into kingdom impact.

What's Next?

This snapshot is your starting point — a way to see where you are right now with honesty and grace. No matter what your scores look like, there is a clear, practical, faith-grounded path forward.

We offer a complete curriculum — a foundational course plus six focused workbooks — designed for busy, capable people who are finally ready to invest in their own growth. Each course meets you where you are with weekly classes, daily practices (less than 30 minutes a day), and a community of people walking the same road. It's grace-based, Scripture-grounded, trauma-aware, and it fits your real life.

Your growth matters. You're ready. Let's go beyond.