

JOURNEY MARKER ASSESSMENT

Where are you now? Determine your “Journey Marker” on the map.

This “Journey Marker” assessment is a simple measurement tool to gauge your progress in different areas of your life. I have included the five key areas—your relationships, work, finances and resources, physical health and environments, and spiritual life—all of which impact the “whole you.”

When any area of your life is lacking or draining your energy, it weakens your ability to move your whole life forward. By strengthening the basics of your life, you give yourself the energy and muscle to move forward and close gaps in all areas.

On the following pages there are twenty statements regarding each of the five areas of your life for a total of one hundred points. **Check each statement that is true for you right now**, not that you wish were true. Respond as honestly as possible. This isn't about getting a “high score,” but about breaking free from what's holding you back. The only way to effectively do that is by embracing the truth. Please do not be concerned with what you may view as a “low score.” This is an opportunity to gauge where you are, pinpoint the gaps that exist between where you are, where you want to be, and measure your progress in the weeks ahead. You may only be able to check 25 of the statements today, but through adjustments in your thoughts, words, actions, and energy you may find that in just a few weeks, you can check 85 statements.

RELATIONSHIPS

- ___ If I were in need of a trusted confidant in a crisis, I have two or more people I can confidently call upon.
- ___ I do not feel manipulated in any way.
- ___ No relationships are draining my energy.
- ___ I can say "no" with ease.
- ___ I feel connected in a meaningful way to my community.
- ___ I know that I am making a positive difference for others on a daily basis.
- ___ There is no one in my family with whom I am not on speaking terms.
- ___ I feel loved.
- ___ I have no relationships that I need to hide from anyone.
- ___ I feel free to say "I love you" in my closest relationships without any risk of rejection.
- ___ I am not withholding forgiveness from anyone.
- ___ I do not maintain friendships with people who only take from me but rarely give.
- ___ My relationships with my parents and/or children are peaceful and loving.
- ___ My boss, co-workers and/or customers treat me respectfully.
- ___ I am as nice to the janitor, receptionist, or cashier in a business as I am to the manager or president.
- ___ I do not gossip.
- ___ I tell others what I feel even when it is difficult or uncomfortable for me to do so.
- ___ When I have wronged someone, I always apologize and make amends.
- ___ There is no one in my life that I am trying to change.
- ___ When someone offers constructive criticism, I listen without being defensive or arguing.

_____ Total number of statements you could truthfully say today

WORK

- ___ I love my work.
- ___ I feel “on purpose” when I am working.
- ___ There is no other work I would rather be doing than the work I am doing now.
- ___ I have a clear path to advancement.
- ___ I feel well-compensated for my work.
- ___ I am at the top of my game.
- ___ I do not overwork.
- ___ I enjoy the people I work with.
- ___ I am not interested in changing careers (that’s careers, not jobs) in the next two years.
- ___ I have the education or training to qualify me for the type of position I aspire to.
- ___ Most people would consider me a role model of excellence in my work.
- ___ I am proud of my professional reputation.
- ___ I have no overdue projects looming at work.
- ___ I have a mentor or someone I can ask questions about my career.
- ___ My supervisors and/or clients are very pleased with my performance.
- ___ I rarely (once per month or less) bring work home.
- ___ My work schedule suits my lifestyle.
- ___ I use my vacation time every year.
- ___ I have a compelling vision for my professional life.
- ___ My work does not consume my personal conversations.

_____ Total number of statements you could truthfully say today

FINANCES AND RESOURCES

- ___ My finances do not cause me stress.
- ___ I pay my credit cards in full each month (or don't carry any credit card debt at all).
- ___ If I lost my job today, I could live off my savings for at least six months.
- ___ I have not bounced a check in more than three years.
- ___ I am not avoiding anyone or any company to whom I owe money.
- ___ My financial situation is actively improving.
- ___ I have a plan to eliminate any debt that I have accumulated and I am following it.
- ___ Based on my network, I feel confident in my ability to land a new job if needed.
- ___ I know when I plan to retire and how much money I will have at that point, and I am actively engaged in realizing my plan.
- ___ In the event that I become disabled, I have insurance that will replace at least 50 percent of my income.
- ___ My life insurance and/or financial holdings are more than enough to ensure my loved ones will not suffer financial loss in the event of my death.
- ___ In the event of a major illness, I have health insurance to cover my medical expenses.
- ___ In my current line of work, I can chart a course that would allow me to double my income if I wanted to.
- ___ On a monthly basis, the amount of money I spend is at least 20 percent less than my income.
- ___ My credit report is a positive reflection of excellent financial habits.
- ___ I know my net worth.
- ___ I know exactly how much consumer debt I have, if any, and by what point it will be paid off. (For purposes of this exercise, we will define consumer debt as credit cards, student loans, car loans, personal or home equity loans, and personal debt other than your mortgage.)
- ___ I consistently commit a tenth of my income to giving.
- ___ I use my gifts and talents on a regular basis to give back to my community in a meaningful way.
- ___ I can honestly say I am a great steward of the money and resources with which I've been blessed.

_____ Total number of statements you could truthfully say today

PHYSICAL HEALTH AND ENVIRONMENTS

- ___ I have had a complete physical within the last year.
- ___ I am not afraid to go to the doctor.
- ___ My relationships are peaceful.
- ___ My blood pressure and cholesterol levels are within healthy limits, according to my doctor.
- ___ I exercise at least three times per week for 30 minutes or longer.
- ___ I laugh at least a few times every day.
- ___ I smile often and every day.
- ___ My home feels inviting and peaceful, a sanctuary from stress.
- ___ I don't make a big deal out of small problems.
- ___ My home provides a clutter-free, supportive, safe, enjoyable environment for me.
- ___ My work environment is safe, clean, organized, and reflective of my values.
- ___ When driving, I am never aggressive, rude, or acting out in "road rage."
- ___ My car is consistently well-maintained, clutter-free, and not a source of stress.
- ___ If I were in a health or family crisis, I have more than enough supportive family or friends to help me through it.
- ___ Based on medical recommendations, my weight is within healthy limits.*
- ___ I eat healthy meals in regular intervals throughout the day.
- ___ I get cardiovascular exercise as a part of my workouts.
- ___ I drink at least 48 ounces of water every day.
- ___ I do not use tobacco products or drugs, nor do I misuse alcohol.
- ___ I regularly set aside time for relaxing, having fun, and rejuvenating.

_____ Total number of statements you could truthfully say today

According to the National Institutes of Health, the following formula works for both men and women in determining your body mass index (BMI) and assessing total body fat, which is related to risk for disease and death: Multiply your weight in pounds by 705, then divide that number by your height in inches squared. So a person who is 5-foot-8 and weighs 140 pounds would calculate it like this: $(140 \times 705) \text{ divided by } (68 \times 68) = 21.35$

• Underweight = less than 18.5 • Normal weight = 18.5-24.9 • Overweight = 25-29.9 • Obesity = BMI of 30 or greater

SPIRITUAL LIFE

- ___ The people I work with can see God's love through the way I treat them and the way I carry out my responsibilities.
- ___ I seek ways to be of service daily.
- ___ I have a fulfilling relationship with God.
- ___ I am not easily annoyed or angered.
- ___ I pray daily.
- ___ My faith is stronger today than it's ever been.
- ___ I have stepped out on faith toward my vision despite my fears or doubts.
- ___ I completely trust God to direct my steps and close the gaps in my life.
- ___ In every area of my life in which I have felt God leading me in a particular direction, I am following.
- ___ I am content with my life, but I also seek to live a better life.
- ___ I am not easily offended.
- ___ I am disciplined about how I take care of my body, handle my professional and financial responsibilities, and maintain my spiritual habits.
- ___ I know my divinely ordained purpose.
- ___ I live my purpose on a daily basis.
- ___ I am constantly discovering opportunities for spiritual growth.
- ___ I am faithful over the "few things" God has placed in my care.
- ___ I study and meditate on God's Word regularly.
- ___ I am using the gifts God has given me to serve others in a meaningful way.
- ___ My life is filled with peace.
- ___ I enjoy my life.

_____ Total number of statements you could truthfully say today

Journey Marker Results

- _____ Relationships
- _____ Work
- _____ Finances and Resources
- _____ Physical Health and Environments
- _____ Spiritual Life
- _____ Total score for all five areas of your life

Now that you have identified the gaps—the specific targets you haven’t reached—think for a moment about why you haven’t closed them before now. How can you turn your frustration about being stuck into power to forge ahead?

Closing the Gap

Think back over the Journey Marker assessment. Which statement(s) did you most wish you could mark as being true? Your answers are a great starting point for setting goals.

If you are interested in taking an intentional step in your growth and development as a leader, I invite you to learn more about a path to a personal Leadership Growth Plan.

* This assessment was taken from *What’s Really Holding You Back?* by Valorie Burton.
