

*Directions: read the following questions and answer each one as it relates to you personally using the following scale:
0 = never; 1 = rarely; 2 = sometimes; 3 = usually; 4 = frequently; 5 = always*

Spiritual Formation

- ___ 1. I feel close, connected, and loved by God.
- ___ 2. I experience God's grace touching all areas of my life.
- ___ 3. I spend time in solitude and silence to be with God.
- ___ 4. I read the Bible and find practical wisdom and insight for life.
- ___ 5. I practice spiritual disciplines (e.g. fasting, meditation, etc.)
- ___ 6. I desire to live my life as Jesus would live my life if he were I.
- ___ 7. I spend time with a spiritual director.
- ___ 8. I make space in my life and schedule for God.
- ___ 9. I spend time in prayer both talking and listening to God.
- ___ 10. I live my life with confidence that the "spiritual" touches every area.

Spiritual Formation Total _____

Emotional Formation

- ___ 1. I am aware how my family of origin has a significant impact on my thoughts and behaviors.
- ___ 2. I would see a counselor when a crisis or issue arises in which I need emotional help.
- ___ 3. I have a clear understanding of my identity.
- ___ 4. I do what is necessary to keep from being controlled by addictions.
- ___ 5. I am cautious not to "use" other people to accomplish my own purposes.
- ___ 6. I am aware when I feel emotions such as depression, anxiety, fear, or anger and know how to handle them.
- ___ 7. I believe that insight into the deep parts of my heart and soul helps me to live a full and meaningful life.
- ___ 8. I express my feelings and convictions balanced with consideration for the thoughts and feelings of others.
- ___ 9. I am involved in play and leisure as essential to my overall health and well-being.
- ___ 10. I believe that failure might be a method God can use for my success.

Emotional Formation Total _____

Relational Formation

- ___ 1. I have one or more friends who know everything about me.
- ___ 2. I have friends who would do whatever it takes to spend time with me when needed.
- ___ 3. I talk with friends about important matters and deeply personal issues in my life.
- ___ 4. I spend time with a person I would consider a spiritual friend discussing spiritual matters.
- ___ 5. I believe that God communicates his attributes (e.g. love, mercy, forgiveness) to us through people.
- ___ 6. I confess wrong things I have done to a friend or other safe person.
- ___ 7. I am an active part of a faith community.
- ___ 8. I have opinions, perspectives, goals, values, and so on that are unique from the people around me.
- ___ 9. I go directly to the person to deal with an issue whenever I have a conflict.
- ___ 10. I have experienced growth and change in my life because of the relationships I have.

Relational Formation Total _____

Physical Formation

- 1 I exercise regularly (e.g. at least 3-4 times a week).
- 2. I practice a day of Sabbath rest once a week.
- 3. I sleep at least 8-9 hours a night.
- 4. I examine my life and work load to monitor the amount of stress I'm experiencing.
- 5. I know and am able to perform relaxation exercises (e.g. deep breathing, meditation, stretching).
- 6. I eat nutrient dense foods and a balance of lean proteins, complex carbohydrates, and healthy fats.
- 7. I am the proper weight for someone of my age and stature.
- 8. I have a hobby, sport, or recreational pursuit in which I participate.
- 9. I desire to have a body that is healthy and strong so that I can fulfill the purpose/calling God has for me.
- 10. I exercise with a friend, workout partner, or personal trainer.

Physical Formation Total _____

Mental Formation

- 1. I can see how my thinking can actually change my brain for health or un-health.
- 2. I am aware that what I am like is based on what is on my mind.
- 3. I am careful about what enters my mind through movies, music, the internet, and other forms of media.
- 4. I memorize Scripture so that I have God's word readily available to me.
- 5. I feel effective at dealing with temptations or lust because of my ability to think about godly things.
- 6. I am aware how my thinking governs my feelings.
- 7. I am careful to ensure that no thought in my mind goes unchecked.
- 8. It is enjoyable for me to practice the presence of God by putting my mind on God as much as I can.
- 9. I can see how what I think about others is determined by what I think about God.
- 10. I have a mentor or sage who helps me be reflective about what I put in my mind.

Mental Formation Total _____

Missional Formation

- 1. I intentionally look for opportunities to bring the gospel of God's kingdom to others in words and actions.
- 2. I am aware that I am actively living in the kingdom of God in my daily life.
- 3. I practice hospitality in my home and life.
- 4. I see myself as someone who is sent by God to the people I live and work with each day.
- 5. I seek the wisdom and insight of a ministry coach to refine my missional passion, skills, and abilities.
- 6. I read, study, or observe to understand the changes shaping the culture and community in which I live.
- 7. I live the mission Jesus gave his followers in Matthew 28:18-20 to make disciples.
- 8. I am involved in some form of social justice or compassion-based ministry.
- 9. I am attempting to discern and participate in God's mission in my local context (e.g. neighborhood, school).
- 10. I have a desire to be both biblically and theologically knowledgeable.

Missional Formation Total _____

Scoring Suggestions

- 40-50 This is a probably an area of strength or one where you have much experience
- 30-40 You are doing pretty well in this area and have some experience here
- 20-30 You have some focused work you can do in this area
- Below 20 This is an area of weakness that needs your immediate attention