

## Life Harmony Assessment Personal Development

Review and answer each statement. If it is true, add 1 point. If the statement is only true “sometimes” or “usually,” **DO NOT** add a point. Only add a point if it is virtually always true. (No credit given until the statement is virtually always true.)

- 1 I read books and/or listen to tapes that challenge my personal growth.
- 2 I am living my life, not the life that someone else designed for me or expected of me.
- 3 I look beyond my own understanding and seek God for inspiration and direction for His plan in my life.
- 4 I have short-term and long-term goals.
- 5 I am following a personal plan and process to help me achieve my goals.
- 6 I am intentionally cultivating my relationships with Christian friends and spiritual mentors.
- 7 I regularly remind myself that I am still a work-in-progress and I continually strive for improvement.
- 8 I have a growing relationship with God through regular quiet time in His Word and prayer.
- 9 I consciously explore ways to use my God-given uniqueness to contribute to my successes.
- 10 I respond to challenges with peace and faith, rather than anxiety and fear.
- 11 I believe that God has a unique plan for my life.
- 12 I know that attaining my goals will require hard work and perseverance.
- 13 I know that disappointments and setbacks will occur, but I'm willing to work through them in order to succeed in my calling.
- 14 I actively seek out those relationships that will help me to learn and to grow.
- 15 I am able to learn from my failures and mistakes, and move on.

Total Score

