

## Life Harmony Assessment Personal Spiritual Life

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 start each day with 10 to 30 minutes in prayer and solitude with God.
- 2 I believe in a core set of Christian values and apply them to my everyday life.
- 3 I have a growing relationship with God through regular quiet time in His Word and prayer.
- 4 With each day, I am growing deeper in my understanding of the purpose God has for my life.
- 5 I often nurture my attitude with affirmations from God.
- 6 I have a friend, mentor, or accountability partner to talk to regularly to help me grow in my faith.
- 7 I genuinely strive to put God first, with the desire that I would be used to give Him the glory.
- 8 I thank God daily for who He is and what He is doing in my life, even in difficult circumstances.
- 9 I genuinely forgive others who have hurt me.
- 10 I am at peace with the knowledge that I could die tomorrow.
- 11 I am certain in my faith, my values, and my beliefs.
- 12 I try to minister in some way to others less fortunate, whether through charitable giving or direct involvement.
- 13 I have a church or group that supports me spiritually.
- 14 I believe that God loves me and does not condemn me; I am His child.
- 15 I am open to new paths that God may be leading me down.

Total Score

