

1. Rate your own spiritual health.

Dry _____ | _____ Vibrant

2. Rate the health of your marriage.

Struggling _____ | _____ Flourishing

3. How consistently do you take adequate time off?

Never _____ | _____ Always

4. How “spiritually” healthy is your team environment?

Inadequate _____ | _____ Thriving

5. Rate your own emotional health.

Empty _____ | _____ Strong

6. How would you rate your relational (friendship) health?

Isolated _____ | _____ Well-connected

7. How would you rate your spouse’s view of your ministry?

Positive _____ | _____ Resentful

8. How would you describe your effort to stay physically healthy?

None _____ | _____ Regular

9. How often do you observe a “Sabbath”?

Never _____ | _____ Weekly

10. How often do you read books that “feed your soul”?

Never _____ | _____ Frequently

11. How would you describe your personal prayer life?

Struggling _____ | _____ Vibrant

12. How would you describe your need for approval from others?

Rare _____ | _____ Frequent

13. Rate your level of authenticity/transparency with your closest friends.

Guarded _____ | _____ They Know Everything

14. Over the last 3 months, how would you characterize your interaction with people?

Gentle _____ | _____ Harsh

15. Rate the level of true “community” you have with your team.

Non-existent _____ | _____ Deep

16. How would your spouse rate the health of your marriage?

Struggling _____ | _____ Flourishing

17. How would you describe the level of honest feedback within your team?

Guarded _____ | _____ Open

18. How would you describe your relationship with your children?

Strained _____ | _____ Healthy

19. How would you describe your personal finances?

A mess _____ | _____ Well-managed

20. How often do you struggle with feelings of inadequacy?

Never _____ | _____ Constantly

21. Over the last 3 months, describe how you have handled conflict resolution?

Healthy _____ | _____ Dysfunctional

22. How would those closest to you describe your leadership?

Relational _____ | _____ Task-driven

23. How would you describe your time with Jesus in the Word?

Stale _____ | _____ Life-giving

24. How would you rate the pace of your life?

Reasonable _____ | _____ Out of Control

25. Describe the balance between your inner life and outer life.

Focused on Doing _____ | _____ Focused on Being