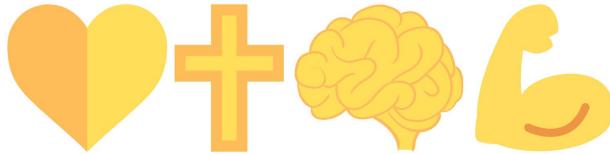


Spiritual Well-Being Self-Assessment



And you shall love the lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength.
- Mark 12:30

Rate yourself on a scale from 1 to 5 for each dimension below. Entering 1 means you score very low, 5 means you score very high. Enter numbers directly into the form. Subtotals will calculate automatically. The weekly emails you will start receiving will help guide you to a greater spiritual health! Please also feel free to connect with us at the Charleston Church of Christ by visiting our website [here]. We would love to hear from you.

HEART | Emotionally healthy relationships and personal balance

- I hold gratitude for those in my life -- family and friends _____
- I treat others well _____
- I tend to attract positivity in conversation with others _____
- People see me as self-controlled and relaxed _____
- I am emotionally balanced, generally speaking _____
- I am aware of how I feel at any given moment _____
- My relationships are emotionally healthy _____

Rating

Subtotal

SOUL | Connection to God through His word, the fellowship, communion and prayer

- I enjoy spending time in God's word each day _____
- The fruits of the Spirit are evident in my life _____
- I feel connected to God _____
- I am deeply involved with the fellowship in my church _____
- I find it easy to pray to God throughout the day _____
- I have no unresolved conflict with others _____
- I have a great perspective of the grace of God _____

Subtotal

Spiritual Well-Being Self-Assessment

MIND | Overall mental wellness

- I bounce back quickly in difficult times _____
- I see things from a perspective of abundance _____
- I adapt well to change _____
- I successfully manage stress _____
- I see hardship as opportunity for growth _____
- I am mentally sharp _____
- I dwell on the present, not the past or the future _____

Subtotal _____

STRENGTH | Overall physical wellness

- I have a good level of energy, generally speaking _____
- I sleep well at night and get the proper amount of rest _____
- I am physically active throughout the week _____
- I have healthy eating habits _____
- I am at the proper weight for my age and body type _____
- I am eager to add to my understanding of a healthy lifestyle _____
- I am a healthy person, generally speaking _____

Subtotal _____

Scoring

Place your score (from the auto-tabulations above) in the table below, based on the value range. Red and yellow indicates an area of focus required to enhance that Christ-like dimension. The area(s) requiring attention would benefit from outside help and further reflection. The emails you will receive each week, will help. Please also feel free to connect with us at the Charleston Church of Christ by visiting our website [[here](#)].

