Personal Evaluation Inventory

As we approach the end of a year, and the beginning of another, we often desire to set goals. It is often helpful to evaluate where we are and how we got here before we prayerfully consider where to go next. This personal evaluation inventory can be very helpful in understanding your present location and your current bearing at this point in your life journey. This inventory evaluates two things: 1. Who we fully are as human beings and the level of energy we have to function well in each arena: physically, emotionally, intellectually, relationally, and spiritually. 2. It also evaluates the roles and responsibilities we carry and the level of strength or weakness we currently feel to operate competently in that role. LifeSource hopes this evaluation lends you fresh insight to create more goals and resolutions that prove transformational to you and the circle of relationships you influence in life and leadership!

1. Let’s begin by taking a personal inventory of the various arenas of our being:

How full or energized are you in the following arenas…

- Physical
- Emotional
- Intellectual
- Relational
- Spiritual

2. Let’s take a personal inventory of our seven vital relationships and assess the various strengths and weaknesses we have in each role:

Using the scale of 1-5 (5 being high, 3 being average, and 1 being low) estimate your own level of growth in each listed quality/skill that everyone needs to develop towards living a balanced and focused life as a Christ follower. These will help you discern strengths and weaknesses and determine goals in forming a Personal Development Plan that will coincide with your daily devotions.

**Relationship with God**
- Maintain consistent personal devotional life 5 4 3 2 1
- Enjoy a satisfying personal walk with Christ 5 4 3 2 1
- Maintain daily devotions (prayer – Bible study – sharing hope – stewardship) 5 4 3 2 1
- Understand clearly my position as a son/daughter in Christ 5 4 3 2 1
- Demonstrate a Spirit-filled life in response to demands of daily living 5 4 3 2 1

**Relationship within self (character)**
- Inventories personal arenas and consistently seeks to keep refueled 5 4 3 2 1
- Possess a positive self image as God’s son/daughter 5 4 3 2 1
- Demonstrate an attitude of humility and gentleness 5 4 3 2 1
- Accurately discern my strengths and weaknesses 5 4 3 2 1
- Conscientiously and consistently completes responsibilities 5 4 3 2 1
- Demonstrate discipline towards a well-ordered life 5 4 3 2 1
- Choose faith responses over personal reactions to demands of daily living 5 4 3 2 1
- Persevere through difficulty 5 4 3 2 1
- Willingly sacrifice for the needs of others 5 4 3 2 1
- Demonstrate ability to overcome fear barriers 5 4 3 2 1
- Seek opportunity to be generous with my time, talents, treasures and testimony 5 4 3 2 1
- Attitude reflects the joy of the Lord, even when circumstances don’t avail happiness 5 4 3 2 1

**Relationship with spouse**
- Spend time regularly alone with mate daily and weekly via dates/get-a-ways 5 4 3 2 1
- Prayerfully and practically seek to support/serve mate’s needs
  a. spiritually 5 4 3 2 1
  b. relationally 5 4 3 2 1
  c. emotionally 5 4 3 2 1
  d. physically 5 4 3 2 1
Experience emotional connectedness with mate 5 4 3 2 1
Experience physical oneness with mate 5 4 3 2 1
Experience benefit of good communication 5 4 3 2 1
Demonstrate satisfying balance between family, career, and ministry responsibilities 5 4 3 2 1
Content with mate’s balance of family, career, and ministry responsibilities 5 4 3 2 1
Exhibit a personal call and commitment to ministry as a fully committed Christ follower 5 4 3 2 1
Share’s mate’s personal call/commitment to ministry as a Christ follower 5 4 3 2 1
Builds a home which is a place of mutual enjoyment 5 4 3 2 1

Singles
Enjoy satisfying friendships and activities with the opposite sex 5 4 3 2 1
Enjoy satisfying friendships and activities with couple and families 5 4 3 2 1
Developing social/spiritual skills needed to maintain significant/intimate relationships 5 4 3 2 1
Developing healthy personal perspective on marriage and family 5 4 3 2 1
Prayerfully seek God’s direction and provision toward a life partner 5 4 3 2 1

Relationship with children
Model as well as mentor being a fully committed follower of Christ 5 4 3 2 1
Encourage children daily as to how precious they are to God and myself 5 4 3 2 1
Entrust children to the Lord, as protector 5 4 3 2 1
Demonstrate that my children are my most important disciples 5 4 3 2 1
Establish regular personal time with each child daily/weekly 5 4 3 2 1
Initiate and maintain family prayer/devotions on a weekly basis 5 4 3 2 1
Communicate well with my children 5 4 3 2 1
Feel comfortable and share in the discipline of my children 5 4 3 2 1
Understanding and developing my child according to how God has SHAPED him/her 5 4 3 2 1

Relationships with friends
Make refreshing friendships a priority and attend my small group regularly 5 4 3 2 1
Share my true feelings with authenticity and vulnerability 5 4 3 2 1
Keep confidences by listening and encouraging 5 4 3 2 1
Encourage spiritual growth in others and seek accountability for mine 5 4 3 2 1
Respect differences with others and respond with courtesy in disagreements 5 4 3 2 1
Support others in times of need with an attitude of sympathy 5 4 3 2 1
Accept other’s weaknesses and share my own with a spirit of humility 5 4 3 2 1
Honestly speak the truth in love towards helping others to grow and mature 5 4 3 2 1
Forgive others when I am hurt and seek reconciliation rather than isolation 5 4 3 2 1
Serve & support our purposes as Christ followers through ministry 5 4 3 2 1

Role of Career and Ministry
Maintain healthy perspective of heartily serving the Lord 5 4 3 2 1
Fulfill my responsibilities with integrity and honesty 5 4 3 2 1
Understand my SHAPE for serving and how it fits my responsibilities 5 4 3 2 1
Maintain encouraging relationship with members of my team 5 4 3 2 1
Demonstrate respect for my leaders 5 4 3 2 1
Maintain cooperative attitude and communications with my peers 5 4 3 2 1
Encourage and mentor my subordinates 5 4 3 2 1
Understand the purposes and goals of my organization/team 5 4 3 2 1
Resolve conflict quickly, directly, and appropriately 5 4 3 2 1

Relationships with World
Understand I’m part of a worldwide movement towards all nations honoring God as King 5 4 3 2 1
Seek to develop supportive relationships with the spiritually lost 5 4 3 2 1
Regularly pray for specific people in my sphere of influence to be drawn closer to Christ 5 4 3 2 1
Invite my “pre-Christian” friends to non-threatening activities with Christian friends 5 4 3 2 1
Regularly share my spiritual journey through a hope-filled testimony 5 4 3 2 1
Know how to lead a seeker into a spiritual relationship with Christ by sharing the Gospel 5 4 3 2 1
Understand a Biblical perspective of life and can defend it from other world views 5 4 3 2 1

Sometimes it is helpful to have someone close to us share their evaluation of the above in our lives because our awareness can be limited, whether by routine, blindness, ignorance, bias or brokenness. A life coach can also be helpful in expanding your awareness towards growth goals.
From this point, we can now prepare to establish some quarterly or semi-annual personal development goals for some or each of our seven roles/relationships. This will help us keep our lives balanced as we take the next few steps of our spiritual journey, growing and maturing towards convergence and accomplishing our calling by being spiritually focused! Two terrific tools to help you stay balanced and focused are the **21 Day Connection** booklets and a **Focused Week Calendar**. Too often, believers attempt to live out their faith without examining their past (personal time line), evaluating their present (aspects and roles), and envisioning their future (personal mission statement and goals). If you will test out this method of focused living and review the results, you will realize that God really does have a wonderful plan for your life, and that the journey, although difficult at times, can be a joyful journey filled with rewarding relationships and results!

Now, set aside time to create Roles/Relationships Goals, and a Focused Week Calendar. Then spend one hour at the beginning of each week over the month to review your activities from the previous week and set a weekly schedule in line with your Focused Week that will help you accomplish your personal goals as well as regular responsibilities.

Along side this, the next key to living a Spiritually Focused life is to obtain mentors who can help empower your ongoing development and accomplishment of your personal mission. LifeSource Coaches are available to help you do just that. Call this week and make an appointment to review with them what you’ve discovered and accomplished so far, and invite them to be a part of the wonderful journey God has in store for you!

Dave Robson, ACC  
LifeSource Coaches  
davehills@aol.com  
909-936-6886  
Highland, CA

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**The Mission of LifeSource Coaches**  
to glorify God by  
empowering God’s people  
to explore, experience and express  
the overflowing love, life and leadership of Jesus.

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Weekly Schedule Planner

**My Life Mission Statement**

### Roles & Goals for quarter

- Relationship with God
- Relationship within self
- Relationship with spouse
- Relationship with children
- Relationships with friends
- Role of Career and Ministry
- Relationships with World

### Focused Week Calendar

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**Evaluation of current week** => **Issues for Next Week**