

Image

- _____ I strive to live transparently and authentically.
- _____ There are times where you observe me behaving or speaking in ways to project or protect an image of someone other than who I am.
- _____ I demonstrate the ability to be vulnerable.
- _____ I accept the fact that I am imperfect and refuse to hide behind carefully constructed props that make me feel better about myself.

Fruit of the Spirit

I demonstrate these traits in my life on a regular basis:

- _____ Love: the choice to act in ways that are for the good of others, with no agenda of my own.
- _____ Joy: confidence and delight in God for who he is.
- _____ Peace: the ability to rest in the wisdom and sovereignty of God.
- _____ Patience: the ability to accept circumstances of life and people in ways that honor God.
- _____ Kindness: a sense of security in God and his love for me that manifests itself through living authentically and doing what is right and good for others.
- _____ Goodness: where who I am and how I live are in alignment with who God says I am and how to live—integrity.
- _____ Faithfulness: the ability to endure, regardless of the difficulty, out of loyalty and commitment.
- _____ Gentleness: living humbly before God; understanding who God is and who I am in light of who he is.
- _____ Self-control: the ability to say no to desires and temptations that are inconsistent with who God has designed me to be.

OTHERS ASSESSMENT

Whoever heeds life-giving correction will be at home among the wise.

PROVERBS 15:31

Let a righteous man strike me—that is a kindness; let him rebuke me—that is oil on my head. My head will not refuse it.

PSALM 141:5

This tool is designed to increase your self-awareness through the input of others. It should also create an opportunity for healthy and productive conversations around potential blind spots that may require your attention and action.

Invite three people you respect and who know you well to complete this assessment. If you are married, your spouse should be one of the three. Ask them to carefully consider these areas over a week's time and respond honestly and constructively.

Set up a time to meet with each of them. Remember, they love you and are committed to your growth, so maintain a posture of humility and receptivity to their observations. Don't defend or attack; listen with an open mind and heart. Finally, thank them for the courage and love they have shown you through this process.

Also, if there are growth areas, invite their help in determining any next steps (re:new mentor, counselor, or coach). You may want to grant them permission to ask about these areas. Plan to be honest, transparent, and vulnerable when they ask. Also, remember that God wants to use your friends to help you become your best self. As uncomfortable as this process can feel, it really will yield a more mature, self-aware you.

When you read the statements below, answer based upon this scale:

1. Disagree
2. Somewhat Disagree
3. Neither Agree nor Disagree
4. Somewhat Agree
5. Agree

Approachability

- _____ I am easy to talk to about sensitive or personal matters.
- _____ I welcome candid and constructive feedback.
- _____ I demonstrate openness to other perspectives and opinions.

Emotional Health in Circumstances

- _____ I exhibit appropriate emotions (type and level) in response to the things that happen to me.
- _____ I respond appropriately in situations when I don't get my way.

In what ways do you observe me exhibiting unhealthy emotional responses with regard to my circumstances (martyr, victim, rebellion, disproportionate anger, attacking, tantrums, sulking, pouting, controlling, manipulating, pleasing, performing, masking)?

Emotional Health with Others

- _____ I demonstrate appropriate emotional health in my relationships across all spectrums of my life.

In what ways do I demonstrate inappropriate emotional responses and interactions with others?

Conflict

- _____ I navigate conflict in a healthy and productive manner that results in effective resolution as much as it depends on me.

In what ways do you observe unhealthy patterns of conflict that make it unsafe to engage in difficult conversations with me?

In what ways do I demonstrate a posture that makes it easy to come to me with matters that could result in conflict?

- _____ I come across as having to be right or having to have the last word.
- _____ I make the effort to try to understand the other side of the matter first.

Learning from Past Experiences

- _____ When I offend or hurt others or make unwise decisions, I own it and seek to learn from what happened in an effort to grow.
- _____ I am receptive to feedback in times when I have overstepped or hurt others.
- _____ There are current patterns in my life that I have not learned from, despite past conversations about them.

Integrity

- _____ I act in accordance with the values, beliefs, and principles I hold to be true.
- In what ways do you see that what I say and how I behave do not line up?*

In what areas am I not being honest with others or myself?

Empathy

- _____ I seek to understand the perspectives and feelings of others.
- _____ I exhibit a posture of curiosity toward others by asking questions and listening to them.
- _____ I seek to genuinely understand the ways in which others may respond to or perceive life in an effort to connect with them.

In what ways do I seek to understand the feelings of others and how their life experiences have shaped their emotions?

Humility

- _____ I do not think more of myself than others and my words and actions evidence a willing submission to honor and esteem others.
- _____ I am open to being wrong and I admit when I am wrong.
- _____ I demonstrate a sense of having to be the best (smartest, prettiest, most spiritual, successful).
- _____ I invite others to speak into my life on a regular and consistent basis.