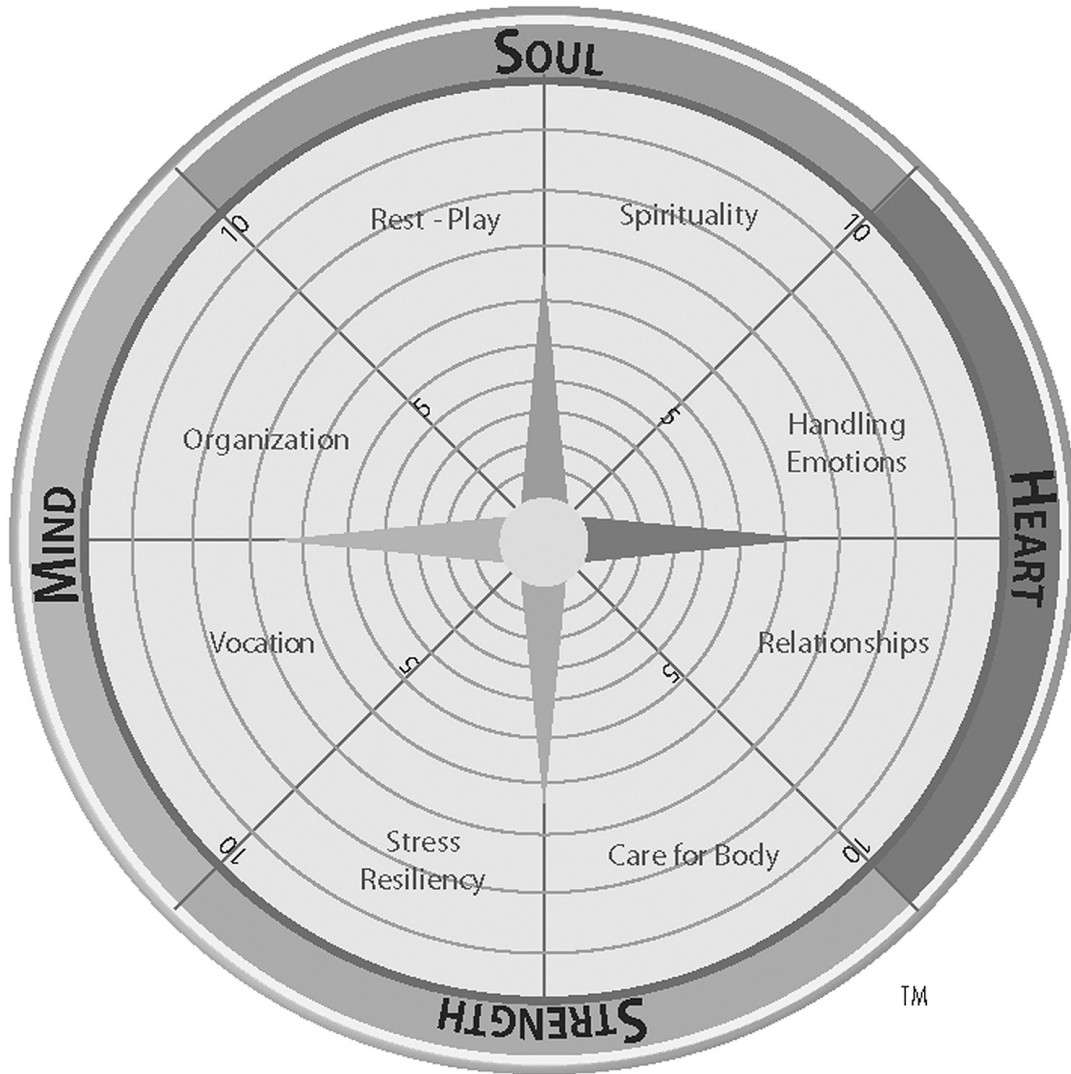


THE LIVING COMPASS SELF-ASSESSMENT TOOL



Once you have your number between 0 and 10 from the self-assessment provided for each section of the compass, you can shade in that section based on that number. At the center of the compass is the number 0; the number 5 is halfway out, and 10 is at the outer edge. Use a pencil, pen, or crayons to shade in the various sections. Your scores are not “good” or “bad,” nor are they “strong” or “weak.” They are simply a reflection of what you have been paying attention to in your life.



YOU ARE HERE

If you find yourself walking around in an unfamiliar city or airport, at some point you will probably want to find a map to help orient yourself. When you find that map, the first thing you will most likely look for is the “You Are Here” dot on the map. Once you know where you are, then you can figure out where you want to go and how best to get there. Navigational software in cars and cell phones work the same way. They begin by showing us our “current location” and then offer us directions to our destination from that previously established “current location.”

This Living Compass Self-Assessment Tool will provide you with a similar “You Are Here” or “current location” for your life right now. It is a very present day snapshot of your state of balance, wholeness and wellness. If you completed this assessment three months ago your results might have been very different than today. And likewise, your results three months from right now would probably be different as well.

Another way to think about your self-assessment is that it simply shows you what you have been paying attention to the most in your life. Whatever we pay attention to is what will grow in life. Think of your life as a garden. The parts of the garden that you have been watering the most are thriving; the parts you have not been watering are probably a little wilted right now.

It’s time to get started! Read each statement in the following self-assessment pages carefully and without over-thinking. Put down the number between 0 and 10 that best reflects the truth of this statement in your life right now. Next, follow the directions on each page for filling in the self-assessment compass tool on page 1. We hope you enjoy the process.

► Spirituality Assessment

The word “spirituality” comes from the same root as the word “breath.” This is seen in the word “respiration,” another word for breath. Spirituality is that which gives breath, that which animates a person’s life. For Christians, spirituality refers to the way in which our faith animates our lives. Our faith and beliefs can be expressed in written statements such as a creed. Our spirituality is expressed in the way we live our lives.

Never		Sometimes		Half of the Time		Most of the Time		Always		
0	1	2	3	4	5	6	7	8	9	10

- I have a strong sense of God’s presence in my life. _____
- I am satisfied with my spiritual life. _____
- I feel well connected to a faith community and feel supported by that community. _____
- I read the Bible or some other kind of spiritual reading on a regular basis. _____
- The way I live my life is consistent with my faith and values. _____
- I have a deep sense of gratitude for the many blessings in my life. _____
- People who know me well would describe me as very compassionate. _____
- I am comfortable talking about my faith/spirituality with others. _____
- I have spiritual practices and/or an active prayer life that are a regular part of my life. _____
- People who know me well would describe me as a person of faith, or as a very spiritual person. _____

TOTAL _____

Divide by 10 _____

Transfer this number to the Spirituality wedge of the self-assessment compass tool on page 1.

► Rest and Play Assessment

People often feel guilty when they take time to have fun, goof off, take a nap, or just play, but our bodies need to be recharged just like our phones and computers. Healthy sleep, fun time with family and friends, unscheduled and “unplugged” time, all help us lower the stress hormone cortisol, and feel refreshed and ready to go.

Never		Sometimes		Half of the Time		Most of the Time		Always		
0	1	2	3	4	5	6	7	8	9	10

I use some of my rest time as Sabbath time, to intentionally renew my relationship with God. _____

I take time to recreate and renew myself on a regular basis. _____

People who know me well would say I am a fun-loving person. _____

I have at least one hobby or interest that I am passionate about, and I make time for it on a regular basis. _____

I love to try new things, new activities, and new ways to have fun. _____

I am satisfied with how much sleep I get on a regular basis. _____

I laugh a great deal. _____

I regularly have enough time to tend to all the important relationships and the important tasks in my life. _____

I am satisfied that I am not overly connected to email, TV, internet, laptop, and other technology. _____

I take all of the vacation and time off I am due each year, and don't stress about work while I am away from work. _____

(Or I am retired, or not working outside the home right now, and I am completely satisfied with that.) _____

TOTAL _____

Divide by 10 _____

Transfer this number to the Rest and Play wedge of the self-assessment compass tool on page 1.

► Vocation Assessment

Our vocation is related to our sense of life purpose and our core values, and it can be expressed in our career, education, and/or volunteer work. If the hours we spend at work / school / volunteer work are aligned with our vocation / purpose / values, then we will experience wellness in what we do. If not, we have an opportunity to reconsider other ways we can express our vocation that may better provide wholeness and wellness in our lives.

Never	Sometimes		Half of the Time		Most of the Time		Always			
0	1	2	3	4	5	6	7	8	9	10

I have a clear sense of the gifts and talents that God has given me. _____

I make good use of the gifts and talents that God has given me in the work / school / service I do. _____

I am satisfied with how my work / school / service is balanced with my personal life. _____

I have others in my life who enjoy the same kind of work / school / service I do. _____

I welcome opportunities to learn new things that will enhance my work / school / service. _____

My work / school / service is congruent with my faith, beliefs, and values. _____

I would feel confident making a change in my work / school / service if I needed to. _____

I am happy with the pay / grades / recognition I receive for my work / school / service. _____

I am proud of myself when it comes to my work / school / service. _____

I have a clear sense of purpose and direction in my work / school / service. _____

TOTAL _____

Divide by 10 _____

Transfer this number to the Vocation wedge of the self-assessment compass tool on page 1.

► Organization Assessment

Whether your organizational challenges deal with time, money, your environment, or planning, you are not alone. Many people find that disorganization tends to look like a vicious circle—we're not organized, which causes stress, the stress causes us to pay attention to other things so we don't get organized, and this causes more stress. By choosing what you would like to pay more attention to, you can begin to minimize the vicious circle.

Never	Sometimes		Half of the Time		Most of the Time		Always			
0	1	2	3	4	5	6	7	8	9	10

I have a budget and a savings and/or retirement plan and I stick to them. _____

My Christian faith strongly guides my relationship with money and material possessions. _____

I am on time for appointments, meetings and social events. _____

I keep track of my personal belongings such as my keys, wallet, purse, or other important items such as personal papers, and can get my hands on them immediately at any time. _____

At the end of the day I usually feel like I accomplished everything that I had hoped to get done that day. _____

I regularly make time to plan ahead for things so that I rarely have to rush around at the last minute to get ready. _____

People who know me well would describe me as well organized. _____

My finances are well organized, which means the following: I have a pretty close estimate of the balance in my bank accounts at all times, I pay all bills on time, I have savings goals and keep them, I organize tax information and file my taxes on time each year. _____

If an unexpected visitor surprises me and wants to enter my home, car, or office, I don't have to worry about how messy it is. _____

I regularly go through my closet, basement, garage, attic, and drawers and get rid of things I don't need. _____

TOTAL _____

Divide by 10 _____

Transfer this number to the Organization wedge of the self-assessment compass tool on page 1.

► Care for the Body Assessment

Our culture puts a great deal of emphasis on physical wellness and body image. The two extremes of either obsessing about our bodies, or neglecting them, are clearly something we want to avoid. It can be challenging, but essential for our long-term health, to find a balanced approach for the care and nurturing of our physical wellness.

Never		Sometimes		Half of the Time		Most of the Time		Always		
0	1	2	3	4	5	6	7	8	9	10

I am very satisfied with the amount of regular physical activity I get. _____

I treat my body as "a temple of the Holy Spirit" within me (1 Cor. 6:19). _____

I go to the doctor and dentist for regular physicals / checkups and also seek help as soon as a problem arises. _____

I am comfortable with my sexuality. _____

I make conscious, intentional decisions about what I eat and drink. _____

I am very satisfied with my current weight. _____

I am satisfied with my use of tobacco. _____

I am satisfied with the decisions that I make about the use of alcohol and/or other mood-altering drugs. _____

I am able to ignore what the culture tells me regarding how I should look in terms of weight or appearance and instead can decide for myself what is healthy and best for me. _____

I eat a balanced diet and overall feel good about the relationship I have with food. _____

TOTAL _____

Divide by 10 _____

Transfer this number to the Care for the Body wedge of the self-assessment compass tool on page 1.

► Stress Resiliency Assessment

The word “resiliency” means to “bounce back.” Our modern lives are filled with frustrations and pressures—we just call it stress. Stress is actually a physical and emotional response to any particular situation. It can be short- or long-term, but if it is constantly elevated, stress can make you more vulnerable to health problems. The good news is that we can develop skills to become more resilient, to help us bounce back from the inevitable stress that life brings us at times.

Never		Sometimes		Half of the Time		Most of the Time		Always		
0	1	2	3	4	5	6	7	8	9	10

My life has been free of any major life changes, planned or unplanned, over the last two years. _____

When I am stressed or in the midst of transition, I turn to God and my spiritual life to give me strength and resiliency. _____

I seek support from others, rather than isolating myself, in times of stress or transition. _____

People who know me well would describe me as a person with little stress in my life. _____

I have the tools necessary to handle a major life challenge. _____

I think I am resilient—I “bounce back” well when it comes to stressful situations. _____

I refrain from using alcohol, drugs, or food to numb or medicate myself when I am stressed. _____

I have been free from any feelings of stress throughout the last month. _____

I have been free from any physical symptoms that may be related to stress over the last month. _____

I refrain from making decisions, such as overcommitting and putting high expectations on myself, that self-inflict high levels of intensity and stress in my life. _____

TOTAL _____

Divide by 10 _____

Transfer this number to the Stress Resiliency wedge of the self-assessment compass tool on page 1.

► Relationships Assessment

Relationships don't just "happen": we co-create them with others. Remember, everyone can learn skills that will improve the quality of their relationships. The grass is always greener where you water it, so how would you like to see your relationship garden grow?

Never		Sometimes		Half of the Time		Most of the Time		Always		
0	1	2	3	4	5	6	7	8	9	10

I am satisfied with the relationships I have with my parents, siblings, and extended family. _____

I am satisfied with the quality of the relationships I have with my spouse, partner, children, and/or close friends. _____

The teachings of my Christian faith are a conscious influence and guide on how I relate to others in my life. _____

I have forgiven family and friends for past or present hurts. _____

I am satisfied with the way and frequency with which I keep in touch with family and friends. _____

In my relationships with family and friends I am satisfied that there is a good balance between give and take. _____

My family and friends know me in a deeper and more intimate way than people who are more casual friends and acquaintances. _____

My family and friends would say that spending time with them is a high priority for me, and that my actions show this. _____

I have several long-term friendships that have lasted many years. _____

I am able to resolve conflict in a productive way with family and friends. We are able to talk about conflict so that it does not fester. _____

TOTAL _____

Divide by 10 _____

Transfer this number to the Relationships wedge of the self-assessment compass tool on page 1.

► Handling Emotions Assessment

We have a choice when it comes to responding to statements, questions, circumstances, and events, and can grow to become more centered. When we have greater control over our emotions, we do not have to react mindlessly, but can choose a response and an accompanying healthy emotional expression.

Never		Sometimes		Half of the Time		Most of the Time		Always		
0	1	2	3	4	5	6	7	8	9	10

I avoid using alcohol and other possibly addictive behaviors to deal with my emotions. _____

During the last month I have been able to refrain from hurting others by giving them the “silent treatment” or by being irritable, critical, or angry with them. _____

When I am emotionally upset, I often turn to God or to prayer to help me re-center myself. _____

I have been free of any feelings of anxiety or excessive worry in the last month. _____

People who are close to me would say that I handle my emotions well. _____

I do not feel responsible for other people’s emotions. _____

I can feel and express the full range of emotions (sadness, fear, joy, laughter). _____

When someone I care about is upset, I am comfortable listening and really being present to them. (I don’t jump in to fix or give advice, and I don’t walk away or detach myself.) _____

I am able to stay centered in situations where someone else might be perceived as “pushing my buttons.” _____

In the last month I have been free of any feelings of depression and/or despair. _____

TOTAL _____

Divide by 10 _____

Transfer this number to the Handling Emotions wedge of the self-assessment compass tool on page 1.