RESOURCE

ASSESSMENT FORM

This worksheet is designed to help you assess how you are doing in the 6 resources. From here, you can create goals under each resource.

QUESTIONS TO ASK:

- What am I encouraged about in my life? - What things have me weighed down? - What emotional outlets do I have? - How do I process stress? - What brings me joy and encouragement? - Do I need help processing something? Counselor?
- Do I need medication? Am I taking it? - What am I doing for fun?

EMOTIONAL GOALS FOR THE NEXT THREE MONTHS: 2. 3. RESOURCE ALLOWANCE AMOUNT TO USE= \$



Emotional Intelligence (How | see myself and how others see me,) Assessing current emotions



Weight

Eating/drinking

Sleep

OUESTIONS TO ASK:

- How am I going to exercise and how often?

- What do I want my weight to be in 3 months?

- What changes to my eating and drinking habits do I need to make?

- How will I monitor my intake of food and water?

- Is there medication that I need to be taking?

- How are my sleeping patterns? Am I getting enough sleep?

- Am I due for a doctor check up or physical?

PHYSICAL GOALS FOR THE NEXT THREE MONTHS:

2.

RESOURCE ALLOWANCE AMOUNT TO USE= \$_

QUESTIONS TO ASK:

 In what ways am I struggling to trust in God?
 How do I know I am growing spiritually? - How have I seen God at work in my life lately?

- How connected am I with my church/small group? - In what ways am I using my spiritual gifts?

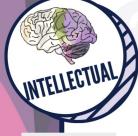
SPIRITUAL GOALS FOR THE NEXT THREE MONTHS:

2. 3.

RESOURCE ALLOWANCE AMOUNT TO USE= \$_



Drawing strength from God, Connecting to others in my faith journey



Growing my intellectual capacity

QUESTIONS TO ASK:

- What books am I reading? Do I need to read more? Different books?

- What interests me right now that I need to learn more about?

- Is there any personal or professional training I would like to attend or do online?

- Do I understand my personality and how it impacts my work and relationships?

INTELLECTUAL GOALS FOR THE NEXT THREE MONTHS:

2. 3.

RESOURCE ALLOWANCE AMOUNT TO USE= \$_

QUESTIONS TO ASK:

- Am I following a budget right now? If no, why not? - Am I further in debt that I was last quarter? If yes, why? - Do I have more in savings that I did last quarter? If no, why not? - In what area(s) is it hard for me to live within my means?

FINANCIAL GOALS FOR THE NEXT THREE MONTHS:

1. 2. 3.

RESOURCE ALLOWANCE AMOUNT TO USE= \$_



Living within financial boundaries



Who charges my tank that I need to get together with? When and Where?Who drains me but I need him/her in my life? Do I need to resolve something with him/her?

Who drains me that I need to not let impact or influence me anymore?

- What can I do special with my spouse or significant other in the next 3 months?

- What family members do I need to connect with in the next 3 months?

- What social outings would I enjoy doing in the next 3 months?

RELATIONAL GOALS FOR THE NEXT THREE MONTHS: 2. RESOURCE ALLOWANCE AMOUNT TO USE= \$___



Building and evaluating social capital

