HEALTH SNAPSHOT

1 Rate your own spiritual health.



dry vibrant

2 Rate the health of your marriage.



struggling flourishing

3 How consistently do you take adequate time off ?



never always

4 How much joy do you have these days?



none overflowing

5 How spiritually healthy is your team environment?



fragile strong

6 Rate your own emotional health.



fragile strong

7 How would you rate your relational (friendship) health?



isolated well-connected

8 How much time do you give to life-giving hobbies/recreation?



zero adequate

replenish

9 I am getting adequate physical exercise.



none — consistent

10 How often do you observe a "Sabbath"?



never — weekly

11 How often do you read books (engage content) that "feed your soul"?



never — frequently

12 How would you describe your personal prayer life?



struggling — vibrant

13 How would you describe your need for approval from others?



frequent — rare

14 Rate your level of authenticity/transparency with your closest friends.



guarded — transparent

15 Over the last 3 months, how would you describe your interaction with people?



harsh — loving

16 Rate the level of true "community" you have with your team.



non-existent — deep

17 I have people in my life who truly know me and hold me accountable.



non-existent — healthy

HEALTH SNAPSHOT

replenish

18 Our team is able to have healthy, courageous conversations.



never — regular

19 Describe your level of rest and energy.



exhausted — refreshed

20 How would you describe your relationship with your children?



strained — healthy

21 How would you describe your personal finances?



a mess — well-managed

22 We have a strong sense of family on our team.



not at all — very strong

23 How often do you struggle with feelings of inadequacy?



constantly — never

24 How much time does your team spend talking about their personal and spiritual lives?



never — regular

25 How often do you pray with others?



rarely — consistently

26 How would you rate the pace of your life?



out of control — reasonable

27 Describe your balance between your inner life and outer life.



focused on doing — focused on being

28 I appropriately manage my technology.



always plugged in — under control

29 How would you describe your time with Jesus in the Word?



stale — life-giving

30 My eating habits are very healthy.



pass the me sweets — I only eat broccoli

31 How much personal stress are you carrying?



stressed out — very little

32 In my current role, I am serving in my sweet spot.



0% — 100%

33 I am consistently working more than 50 hours per week.



always — never

34 Describe your personal and corporate worship



hit and miss — engaged

35 I have good boundaries around my personal and family time.



zero boundaries — healthy boundaries