

Physical:

- How is my health on a scale of 1 to 10? 10 being energetic and vibrantly healthy?
- How am I fueling my body? Is what I'm putting in it nourishing and nurturing it or slowly destroying it?
- Am I moving more than I'm sitting? Am I making use of this beautiful body I've been given, or am I assuming it will continue to function well without maintenance or care?
- Am I eating colorfully and freshly as possible, or does my diet consist of various shades of pre-packaged browns.
- Am I aware of when I'm satisfied, or do I frequently eat until I'm uncomfortably stuffed?
- Do I take the time to care for myself daily, doing whatever little things make me feel pretty and lovely (perfume, makeup, earrings, etc.).
- Do I consistently get enough sleep? Do I take time to rest and be still?
- Do I consistently take a multivitamin?
- Am I hydrating my body sufficiently with clean, unadulterated water?
- Based on the number I selected in the first question, what is one thing I can do today to take my physical health up to the next number?

Mental & Emotional:

- How do I feel on a scale of 1 to 10? 10 being hopeful and excited about my future?
- How intentional am I at cultivating an attitude of gratitude?
- Am I truly aware of my intrinsic worth and value or am I allowing others to determine and diminish it?
- Am I resilient? Do I bounce back quickly or do I obsess over failure and hurt feelings?
- Am I communicating my needs and boundaries or am I expecting others to guess correctly and meet them?
- Do I regularly choose peace over being right?
- Am I intentionally nourishing and expanding my mind, or do I consume soul-sucking junk on a regular basis?
- Am I carving out time to do things that make me come alive and fuel my soul?
- Am I over-committed and stretched-thin or have I mastered the art of saying "no"?
- Based on the number I selected in the first question, what is one thing I can do today to take my emotional health up to the next number?

Spiritual:

- How's my relationship with God on a scale of 1 to 10? 10 being authentic, intimate and growing?
- Am I feeding my spirit more than I feed my flesh (in what I read, watch and listen to)?
- How's my 'fruit'; joy, peace, patience, kindness, self-control, etc.?
- Is my relationship with God a one-way street, or am I being still long enough to hear His heart?
- Am I looking for simple ways to daily impact other people's eternity, even if just by loving them well?
- Am I inward focused and self-absorbed or do I look for opportunities to bless and serve others?
- Do I look for God's fingerprints in hard times or do I tend to assume He's punishing me?
- Do I fall into the trap from going through religious motions or am I working to cultivate authentic spirituality and intimacy with God?
- Am I generous with my resources, out of my understanding of His sufficiency, or struggle with a scarcity mentality?
- Based on the number I selected in the first question, what is one thing I can do today invest in my spiritual life and bump it up a number?

The results of this evaluation are intended to bring awareness in these three dimensions of your life.

Now ask yourself

- What you can do today...tomorrow, this week...that will have a positive impact on your nutrition, your level of activity, your emotions and mental health, and your journey with God?
- Where do you want to be a year from now?
- What do you want to see changed first? And what baby steps can you take toward making this happen?