

Self-Assessment Tool

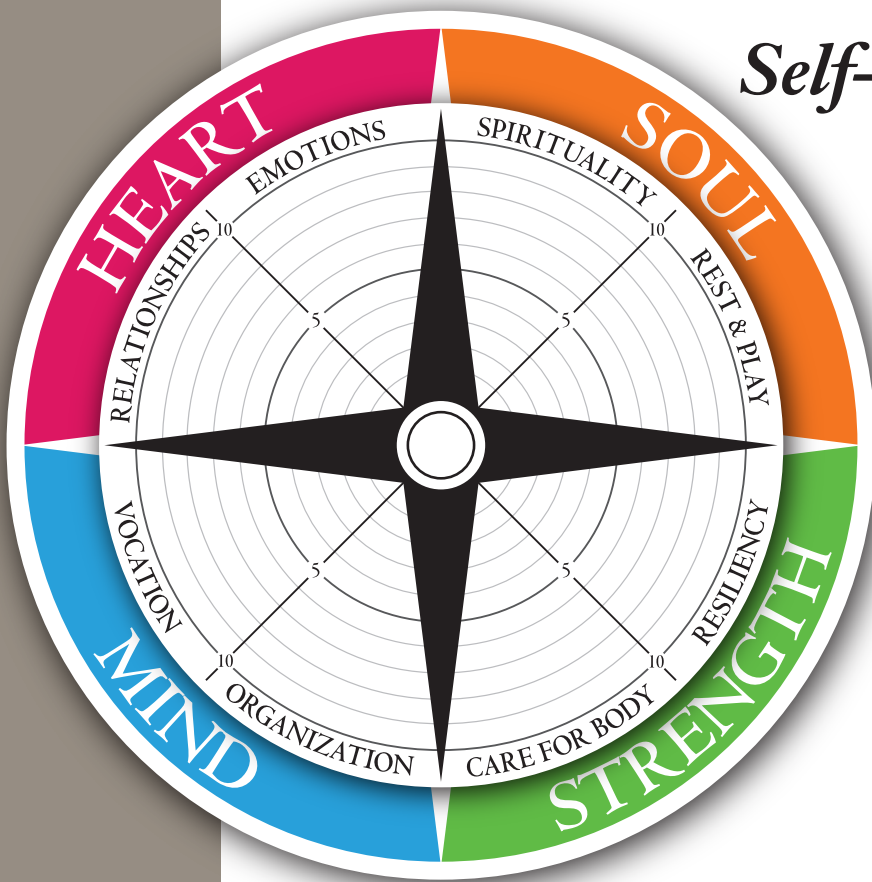
Shade in each of the eight areas on the compass with the value that reflects your current state of wellness and balance.
0 = Uh-Oh! 10 = Awesome!

*Change is inevitable.
Growth is optional.*

—John C. Maxwell



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FAITH Steps

Now that you've put yourself on your own map of wellness, pick one area you feel called to focus on. Remember that whatever we pay attention to is what will grow.

Area I feel called to focus on:

List one FAITH step you are ready and willing to take in the next 24 hours.

Is there someone you would like to share this FAITH Step with?

Support + accountability = much greater chance for success.

Please let us know how this process worked for you!

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Focused.

Specific and narrow in scope.

Action-Oriented.

An action that is observable and measurable.

Inspired.

I feel that God wants me to take this step.

Time-specific.

I will do at this time, or within a finite time frame.

Heartfelt and Honest.

Commit to a step we are ready to take, true to wherever we are in the stages of change.



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