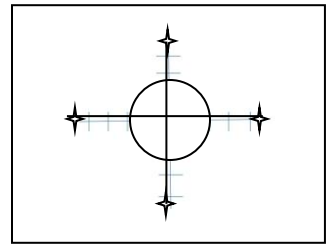


SPIRIT

Praise & Worship

10



Obey His Voice

10

0

10

Spiritual Growth

10

Read, Listen & Meditate on the Word (Written & Spoken)

SOUL

What you're exposed to/Stimulation (Positive y Negative)

Emotional
Development
& Maturity

Transformation
Renewing Your
Mind with Truth

Be Still

BODY

What I put in my body

Activity

Elimination/Detox

Rest

RELATIONSHIP

Developing Relational Skills

Spouse

Children

OTHERS

Mentor, Boss, Family, Friends, Peers

MINISTRY

Faithfulness to the work & Vision. Submission to Authority.

Excellence in
Attitude &
Actions

Preparation
and Results

Development and Equipping

SPIRIT

Praise & Worship -

Do you regularly spend time in God's presence?

Is there a true expression of the heart with songs, prayer, and scripture? Is worship a way of life for you?

Read, Listen & Meditate on the Word (Written & Spoken) -

Do you regularly read and meditate on God's Word? Do you pray and listen for God's voice and direction in your life daily?

Spiritual Growth -

Do you make your connection and growing in an intimate relationship with your heavenly Father, Jesus and the Holy Spirit a priority in your life every day? Do you receive from Him life, love, joy, peace so that you can share that with others?

Obey His Voice, Submit Your Will -

Do you apply what you learn in your life?

Do you obey the Holy Spirit's leading in your life? Do you submit your will to the will of the Father?

SOUL

Exposure/Stimulation/Input (Positive y Negative) -

Do you do things that refresh you and that you enjoy on a regular basis?

Are you careful about what kinds of things you are allowing to enter through the following "channels" - your eyes, ears, tv, internet, radio, environment and relationships with others?

Emotional Development & Maturity -

Do you allow your emotions and feelings to control you and your decisions or are your decisions directed by the Holy Spirit? Do you speak to your soul and train it as you would a little child or do you let it kick and scream and get it's way?

Transformation, Renewing the Mind with Truth -

Do you regularly spend time in God's presence allowing Him to transform you into His image?

Do you renew your mind with truth by learning, reading, listening to God and spiritual mentors?

Do you regularly take captive all thoughts that are not from God?

Be Still -

How often do you unplug from the noise and voices around you and just BE STILL AND KNOW HE IS GOD, releasing fear, doubt, anxiety and allowing His peace, love and joy to fill your soul? (Psalms 46:10a)

BODY

Input -

What are you allowing to enter your temple (body)? Do you use alcohol, drugs, cigarettes or other harmful substances? Do you eat healthy foods from healthy nontoxic sources? Do you limit processed foods, drinks, bread and sugar? Do you drink plenty of pure clean water every day?

Elimination & Detox -

70% or more of your immune system (the system that fights sickness and disease) depends on the health of your digestive track. Elimination habits can tell you a lot about your overall health

Do you have one or more bowel movements a day? What is the quality of your excrement and movements runny, hard, difficult, smooth? – They should be plentiful (bulky) and smooth. Do you eliminate toxins through urination often? What is the quality of your urine? It should be mostly clear except for early morning and no smell.

Drink more water to eliminate toxins and eat only healthy sources of organic fruits, vegetables, dairy and meat as well as nuts and seeds, eliminate sugar, bread and processed foods to improve digestion and health of lymph and immune system.

Activity -

Do you get enough exercise and move your body regularly?

Do you sit in front of the tv or at the computer more than you move?

Rest -

Do you go to bed at a good time to give your body and mind plenty of sleep?

Sleep for your body is like recharging your phone battery. Does your battery often get fully charged or do you run on low most of the time?

Do you work all the time and find little time to relax and enjoy life and others?

RELATIONSHIPS

Relationship skill development –

Do you continually work at growing in your ability to have healthy relationships? Learning to not be offended, and to forgive often? Learning not to control or manipulate others and not to blame others when you are not happy or give them power over your life?

Do you love others as Jesus loves you without conditions and even when they fail you?

Spouse -

Do you make your mate a priority in your life (even over your children)? How is your connection with your mate? Do you seek to grow closer in your relationship with them to understand them and encourage them to grow and to be all that God has created them to be?

Children -

How is your connection with each of your children? Are you making a priority of discipling your children and helping them grow in relationship to God, learning truth, who they are in Christ and how to hear and obey His voice? Are you placing biblical and moral values in your child's heart? Are you teaching your children basic abilities like respect, self-control, responsibility, discipline?

Others (Boss, Mentors, Friends, Peers) -

How are your relationships with others?

Do you have proper healthy boundaries in relationships?

Are you easily offended or do you forgive others when they hurt and offend you?

Do you manipulate and control others or do you allow yourself to be manipulated and controlled?

Do you feel insecure and do things just to please others or can you speak up when needed?

MINISTRY

Faithfulness to the work and visions. Submission to authority -

Are you in agreement with and do you support the vision of the ministry you serve in?

Are you in submission to the authority of the ministry you serve in?

Are you faithful in attendance and being on time or coming early?

Preparation and follow through or results -

Do you attend regular ministry meetings for capacitation?

Do you spend personal time and energy to develop and grow in your area of service?

Do you apply what you learn?

Do you come on time and prepare appropriately for service?

Excellence in attitude & action -

Excellence isn't perfection, it's doing the best you are able to do in every situation.

Do you constantly look for ways to serve with more excellence?

Do you constantly strive to improve?

Do you maintain an attitude and mindset to do everything you do with excellence?

Serve, Give & Share -

Do you seek to share what you have learned?

Do you encourage and help others to know Christ and be His disciple?

Do you support the vision and work of the ministry with your time, money, talent and energy?

Do you consider the needs of others before your own needs, making sure you have received all you need from God so that you can give to others from a full heart rather than needing someone to minister to you?