

Spiritual Healthy Lifestyle Assessment and Progress Chart

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How much we practice Spiritual Healthy Lifestyles contributes to our spiritual inner strength and in turn our Whole Person Wellness. *Photocopy and use this form to help you identify what lifestyle difficulties you need to pray about and seek support for.*
(This form is for your private use and for sharing with others as you wish)

This questionnaire is written in a format for persons of the Christian faith. Persons of other faith can substitute what they call their Higher Power or religion where there is an asterisk (*).

Use estimates/averages for numbers as necessary

Name: _____

No. of Visit	1	2	3	4	5	6	7	8	9
Date of Assessment									
1. Commitment made to follow Christ* (Y/N)									
2. Aids to Personal Spirituality:									
a. <u>Regular renewal of one's commitment, surrender and dependence on Christ*</u> (Y/N)									
b. <u>Prayer</u> (times per day)									
c. <u>Regular inclusion in one's prayer of the following:</u>									
- Adoration (praise to God*) Y/N									
- Thanksgiving (Gratitude) Y/N									
- Confession Y/N									
- Intercession (praying for others) Y/N									
- Petitions(praying for personal needs) Y/N									
d. <u>Bible study:</u>									
- daily readings (times weekly)									
- ongoing special bible study (Y/N)									
e. <u>Regular inspirational and informative reading</u> (times per month)									
f. <u>Regular meditation and listening to God *</u> (Y/N)									
g. <u>Seeking daily filling by the Holy Spirit* in one's meditation or prayer</u> (Y/N)									
h. <u>Fasting</u> (times per month)									
i. <u>Journaling</u> (times weekly)									
3. Sharing: Spiritual support with others									
- prayer partner (Y/N)									
- small support group (Y/N)									
4. Retreating: for reflection, review and special prayer									
- Times per month									
- Times per quarter									
- Times per year									
5. Attendance at place of Worship (Times per month)									
Making regular use of activities for fellowship, education and support at place of worship (Y/N)									

No. of Visit	1	2	3	4	5	6	7	8	9
6. Voluntary Christian* Service: Times per month									
Times per quarter									
7. Regularly sharing your experiences with Christ* to help others and encourage others to depend on Him (Y/N)									
8. Forgiveness and Reconciliation Regular forgiveness of others (Y/N)									
Regular efforts at reconciliation after having wronged someone (Y/N)									
9. Living out one's faith									
Demonstrating or experiencing "Fruit of the Spirit*" (Y/N)									
- love (Y/N)									
- joy (Y/N)									
- peace (Y/N)									
- patience (Y/N)									
- gentleness (Y/N)									
- goodness (Y/N)									
- faith (Y/N)									
- humility (Y/N)									
- temperance (self -control) (Y/N)									
10. Prayer for healing Seeking prayer for healing of self (Y/N)									
I pray for the healing of others (Y/N)									
11. Thinking in whole person terms. Degree: (1) none (2) mild (3) moderate (4) marked									
12. "Centering" Time (Y/N) For practicing Aids to Personal Spirituality (See 2 above)									
13. Quarterly "Spiritual check up" by using this form or an alternative: (Y/N)									