

The Purpose Driven Life Health Assessment

Want to find out how your life measures up to the five purposes of the purpose-driven life? Take this simple test. Also helps you create a plan to help grow.

CONNECT: You were formed for God's family

- I am developing authentic community within my church family 1 2 3 4 5
- I am more loving, grace giving and forgiving to others than I was a year ago 1 2 3 4 5
- I am intentionally cultivating my relationships with Christian friends and spiritual mentors 1 2 3 4 5
- I am regularly connecting with my immediate family relationships (parent, siblings, kids and spouse) 1 2 3 4 5
- I am resolving conflict with others in a Biblical manner and supporting the leadership of my church family 1 2 3 4 5

Membership Total _____

GROW: You were created to become like Christ

- I have a growing relationship with God through regular quiet time in His Word and prayer 1 2 3 4 5
- I respond to challenges with peace and faith rather than anxiety and fear 1 2 3 4 5
- I avoid using addictive behaviors (food, television, busyness, etc.) to meet my needs 1 2 3 4 5
- I have a relationship with someone that encourages spiritual health & personal growth (spiritual partner) 1 2 3 4 5
- I am honoring God with my finances (budget) and my personal giving to His work (tithing) 1 2 3 4 5

Maturity Total _____

SERVE: You were shaped for serving God

- I am expressing my unique God-given design as a way of life (home, work, and community) 1 2 3 4 5
- I am open and praying to be used by God and express my unique S.H.A.P.E. for ministry 1 2 3 4 5
- I am serving in a regular (once a month or better) ministry in the church or community 1 2 3 4 5
- I am sharing group ownership by assuming a small responsibility or facilitating a discussion group 1 2 3 4 5
- I am discovering new ways to cultivate and develop my unique SHAPE for ministry 1 2 3 4 5

Ministry Total _____

SHARE: You were made for a mission

- I am actively praying for and cultivating relationships with un-churched friends and family 1 2 3 4 5
- I am inviting seekers (un-churched people) to church and sharing my spiritual story with them 1 2 3 4 5
- I am seeking to connect unchurched people into our group or in the lives of our group members 1 2 3 4 5

I am praying and considering where God can use me cross-culturally in the future 1 2 3 4 5

I am regularly investing in the spiritual life of another person or group (spiritual reproduction) 1 2 3 4 5

Ministry Total _____

WORSHIP: You were planned for God's pleasure

I am faithfully attending church worship services for spiritual renewal and refreshment 1 2 3 4 5

I have a personal plan and process to help me achieve my goals and dreams (health plan) 1 2 3 4 5

I have a growing heart for worship to God through music and praise (personal, group & church) 1 2 3 4 5

I am honoring God with my physical and personal health (exercise & nutrition) 1 2 3 4 5

I am pleasing God with every dimension of my life by balancing His purposes in my life 1 2 3 4 5

Magnification Total _____

**JUST
BEGINNING
0-5**

**FAIR
5-10**

**GETTING
GOING
10-15**

**VERY
GOOD
15-20**

**WELL
DEVELOPED
20-25**

Optional Exercise: Have your parent(s), spouse, group leader and/or one additional Christian friend fill out a copy of this form before you complete the Purpose Driven Life Health Plan.