



Health Snapshot

1. Rate your own spiritual health.
Dry_____Vibrant
2. Rate the health of your marriage.
Struggling_____Flourishing
3. How consistently do you take adequate time off?
Never_____Always
4. How much joy do you have these days?
None_____Overflowing
5. How healthy is your team environment?
Inadequate_____Thriving
6. Rate your own emotional health.
Fragile_____Strong
7. How would you rate your relational (friendship) health?
Isolated_____Well-connected
8. How much time do you give to life-giving hobbies/recreation?
Zero_____Adequate
9. I am getting adequate physical exercise?
None_____Consistent
10. How often do you observe a "Sabbath"?
Never_____Weekly

11. How often do you read books (engage content) that "feed your soul"?
Never _____ Frequently

12. How would you describe your personal prayer life?
Struggling _____ Vibrant

13. How would you describe your need for approval from others?
Constant _____ Rare

14. Rate your level of authenticity/transparency with your closest friends.
Guarded _____ Transparent

15. Over the last 3 months, how would you describe your interaction with people?
Harsh _____ Loving

16. Rate the level of "community" you have with your team?
Non-existent _____ Deep

17. I have people in my life who truly know me and hold me accountable.
Non-existent _____ Healthy

18. Our team is able to have healthy, courageous conversations.
Never _____ Regularly

19. Describe your level of rest and energy.
Exhausted _____ Refreshed

20. How would you describe your relationship with your children?
Strained _____ Healthy

21. How would you describe your personal finances?
A mess _____ Well-managed

22. We have a strong sense of family on our team.
Not at all _____ Very strong
23. How often do you struggle with feelings of inadequacy?
Constantly _____ Never
24. In my business we do a good job of regular performance evaluations?
Never _____ Regularly
25. How often do you pray with others?
Rarely _____ Consistently
26. How would you rate the pace of your life?
Out of _____ Reasonable
Control
27. Describe your balance between your inner life and outer life.
Focused _____ Focused
on doing _____ on being
28. I appropriately manage my technology.
Always plugged in _____ Under control
29. How would you describe your time with Jesus in the Word?
Stale _____ Life-Giving
30. My eating habits are very healthy.
Pass the _____ I only eat
Twinkies _____ broccoli
31. How much personal stress are you carrying?
Very little _____ Stressed Out

32. In my current role, I am serving in my sweet spot.
0% _____ 100%

33. I am consistently working more than 50 hours per week.
Never _____ Always

34. Our meetings are productive and effective.
Hit and _____ Always
miss

35. I have good boundaries around my personal and family time.
Zero _____ Healthy
boundaries boundaries