

MY 5F ACTION PLAN

THE ASSESSMENT



Before you can draw blueprints for a remodel, you have to assess your current living situation. What looks good? What doesn't look good? What's going to stay? What needs replaced? Use the following assessment to rate your faith, family, friends, fitness and finances. This assessment will guide your blueprints:

FAITH ASSESSMENT - Rate your quality of studying the Bible, praying, journaling, serving and mentoring or being mentored.

1 (Poor)	2	3	4	5 (Excellent)
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FAMILY ASSESSMENT - Rate the quality of your spiritual leadership, marriage, relationship with children/parents/siblings/extended family and your ability to forgive family members.

1 (Poor)	2	3	4	5 (Excellent)
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FRIENDS ASSESSMENT - Rate the quality of your friends, the regularity of meeting with a friend or small group, the accountability in your life and your pursuit of passions, hobbies and adventure with friends.

1 (Poor)	2	3	4	5 (Excellent)
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FITNESS ASSESSMENT - Rate the quality of your aerobic/anaerobic activity, diet, rest and consistency of a healthy lifestyle.

1 (Poor)	2	3	4	5 (Excellent)
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FINANCES ASSESSMENT - Rate the quality of your financial discipline, personal budget, savings, tithing, generosity and financial security for your family (401(k), retirement, life insurance, etc.)

1 (Poor)	2	3	4	5 (Excellent)
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