

# RESOURCE

## ASSESSMENT FORM

This worksheet is designed to help you assess how you are doing in the 6 resources. From here, you can create goals under each resource.



**PHYSICAL**

- Exercise
- Weight
- Eating/drinking
- Sleep

### QUESTIONS TO ASK:

- How am I going to exercise and how often?
- What do I want my weight to be in 3 months?
- What changes to my eating and drinking habits do I need to make?
- How will I monitor my intake of food and water?
- Is there medication that I need to be taking?
- How are my sleeping patterns? Am I getting enough sleep?
- Am I due for a doctor check up or physical?

PHYSICAL GOALS FOR THE NEXT THREE MONTHS:

- 1.
- 2.
- 3.

RESOURCE ALLOWANCE AMOUNT TO USE= \$\_\_\_\_\_

### QUESTIONS TO ASK:

- What am I encouraged about in my life?
- What things have me weighed down?
- What emotional outlets do I have?
- How do I process stress?
- What brings me joy and encouragement?
- Do I need help processing something? Counselor?
- Do I need medication? Am I taking it?
- What am I doing for fun?

EMOTIONAL GOALS FOR THE NEXT THREE MONTHS:

- 1.
- 2.
- 3.

RESOURCE ALLOWANCE AMOUNT TO USE= \$\_\_\_\_\_



**EMOTIONAL**

Emotional Intelligence  
(How I see myself and how others see me,)  
Assessing current emotions



**SPIRITUAL**

### QUESTIONS TO ASK:

- In what ways am I struggling to trust in God?
- How do I know I am growing spiritually?
- How have I seen God at work in my life lately?
- How connected am I with my church/small group?
- In what ways am I using my spiritual gifts?

SPIRITUAL GOALS FOR THE NEXT THREE MONTHS:

- 1.
- 2.
- 3.

RESOURCE ALLOWANCE AMOUNT TO USE= \$\_\_\_\_\_

Drawing strength from God, Connecting to others in my faith journey



**INTELLECTUAL**

Growing my intellectual capacity

### QUESTIONS TO ASK:

- What books am I reading? Do I need to read more? Different books?
- What interests me right now that I need to learn more about?
- Is there any personal or professional training I would like to attend or do online?
- Do I understand my personality and how it impacts my work and relationships?

INTELLECTUAL GOALS FOR THE NEXT THREE MONTHS:

- 1.
- 2.
- 3.

RESOURCE ALLOWANCE AMOUNT TO USE= \$\_\_\_\_\_

### QUESTIONS TO ASK:

- Am I following a budget right now? If no, why not?
- Am I further in debt that I was last quarter? If yes, why?
- Do I have more in savings that I did last quarter? If no, why not?
- In what area(s) is it hard for me to live within my means?

FINANCIAL GOALS FOR THE NEXT THREE MONTHS:

- 1.
- 2.
- 3.

RESOURCE ALLOWANCE AMOUNT TO USE= \$\_\_\_\_\_



**FINANCIAL**

Living within financial boundaries



**RELATIONAL**

Building and evaluating social capital

### QUESTIONS TO ASK:

- Who charges my tank that I need to get together with? When and Where?
- Who drains me but I need him/her in my life? Do I need to resolve something with him/her?
- Who drains me that I need to not let impact or influence me anymore?
- What can I do special with my spouse or significant other in the next 3 months?
- What family members do I need to connect with in the next 3 months?
- What social outings would I enjoy doing in the next 3 months?

RELATIONAL GOALS FOR THE NEXT THREE MONTHS:

- 1.
- 2.
- 3.

RESOURCE ALLOWANCE AMOUNT TO USE= \$\_\_\_\_\_



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