

# Devine Coaching

## Self-Assessment

Living with purpose, being a presence, and incorporating healing practices into life are essential for health, healing, and wholeness. To aid in your reflection, complete this self-assessment by scoring yourself on a scale from one (1) to six (6).

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### PURPOSE

[1: Just Beginning — 6: Well-Integrated]

I live my life with integrity and faithfully share my God-given gifts.	1	2	3	4	5	6
I listen whole-heartily to self, God, and others.	1	2	3	4	5	6
I honor Sabbath rest.	1	2	3	4	5	6

### PRACTICE

I practice holy hospitality.	1	2	3	4	5	6
I practice whole-person stewardship of self, one another, and creation.	1	2	3	4	5	6
I nurture my relationship with God.	1	2	3	4	5	6

### PRESENCE

I model a life of intention, mindfully living in the present.	1	2	3	4	5	6
I am self-aware, honest, and express my feelings in a healthy way.	1	2	3	4	5	6
I live a life centered so I can share God's love into the world.	1	2	3	4	5	6

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Review and consider an area that you are motivated to grow.

Begin to identify steps that will support your growth.

