

# Question Sheet

## Categories

**Spirituality:** - *"Draw near to God and He will draw near to you"* (James 4:8). *"But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you"* (Matt. 6:33).

- Am I humble before God?
- Am I actively pursuing God?
- Do I have a love for others?
- Am I walking fearlessly in faith?

**Home/Family:** - *"...as for me and my house we will serve the Lord"* (Joshua 24:15).

- Do I have or want to be close to family?
- Do I spend enough time with family?
- Do I value family relationships?
- Am I helpful and supportive?

**Health/Wellness:** - *"...know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's (1 Cor. 6:19-20).*

- Am I generally fit and well: Physically, Spiritually, Emotionally, Socially, and Mentally?
- Do I eat healthy?
- Do exercise regularly?
- Am I taking care of home, self, car?

**Career:** - *"Do you see any truly competent workers? They will serve kings rather than working for ordinary people"* (Prov. 22:29).

- Is my job rewarding?
- Does it reflect my values?
- Do I have opportunity for advancement?

**Growth/Learning:** - *"A wise man will hear and increase in learning, And a man of understanding will acquire wise counsel"* (Proverbs 1:5).

- Am I continually learning?
- Do I enjoy opportunities for growth?
- Is what I'm currently doing grow me as a person?

**Finances:** - *"One who is faithful in a very little is also faithful in much..."* (Lk. 16:10a).

- Do I earn enough to live within my means?
- Do I save enough?
- Am I planning for financial freedom?
- Do I tithe and give to the poor?

**Relationships:** - *"Therefore encourage one another and build each other up, just as in fact you are doing."* (1 Thessalonians 5:11).

- Am I nurturing in the relationship?
- Is the relationship healthy for me?
- Do we share values?
- Are we committed to each other?

**Fun/Entertainment:** - *"This is the day the LORD has made; let us rejoice and be glad in it."* (Psalm 118:24)

- Do I know how to relax?
- Do I enjoy hobbies?
- Do I sleep well and enough?