

# The Purpose Driven Life Health Assessment

Want to find out how your life measures up to the five purposes of the purpose driven life? Take this simple test. Also helps you create a plan to help grow.

**CONNECT: You were formed for God’s family**

	<i>Doesn't describe</i>		<i>Partially describes</i>		<i>Generally describes</i>
I am developing authentic community within my church family	1	2	3	4	5
I am more loving, grace giving and forgiving to others than I was a year ago	1	2	3	4	5
I am intentionally cultivating my relationships with Christian friends and spiritual mentors	1	2	3	4	5
I am regularly connecting with my immediate family relationships (parent, siblings, kids, spouse)	1	2	3	4	5
I am resolving conflict with others biblically and supporting the leadership of my church family	1	2	3	4	5

**Membership Total** \_\_\_\_\_

**GROW: You were created to become like Christ**

I have a growing relationship with God through regular quiet time in his Word and prayer	1	2	3	4	5
I respond to challenges with peace and faith rather than anxiety and fear	1	2	3	4	5
I avoid using addictive behaviors (food, television, busyness, etc.) to meet my needs	1	2	3	4	5
I have a relationship with someone that encourages spiritual health and personal growth	1	2	3	4	5
I am honoring God with my finances (budget) and my personal giving to His work (tithing)	1	2	3	4	5

**Maturity Total** \_\_\_\_\_

**SERVE: You were shaped for serving God**

I am expressing my unique God-given design as a way of life (home, work, and community)	1	2	3	4	5
I am open and praying to be used by God and express my unique S.H.A.P.E. for ministry	1	2	3	4	5
I am serving in a regular (once a month or better) ministry in the church or community	1	2	3	4	5
I am sharing group ownership by assuming a small responsibility or facilitating a discussion group	1	2	3	4	5
I am discovering new ways to cultivate and develop my unique S.H.A.P.E. for ministry	1	2	3	4	5

**Ministry Total** \_\_\_\_\_

**SHARE: You were made for a mission**

I am actively praying for and cultivating relationships with un-churched friends and family	1	2	3	4	5
I am inviting seekers (un-churched people) to church and sharing my spiritual story with them	1	2	3	4	5
I am seeking to connect unchurched people into our group or in the lives of our group members	1	2	3	4	5
I am praying and considering where God can use me cross-culturally in the future	1	2	3	4	5
I am regularly investing in the spiritual life of another person or group (spiritual reproduction)	1	2	3	4	5

**Ministry Total** \_\_\_\_\_

**WORSHIP: You were planned for God’s pleasure**

I am faithfully attending church worship services for spiritual renewal and refreshment	1	2	3	4	5
I have a personal plan and process to help me achieve my goals and dreams (health plan)	1	2	3	4	5
I have a growing heart for worship to God through music and praise (personal, group, and church)	1	2	3	4	5
I am honoring God with my physical and personal health (exercise and nutrition)	1	2	3	4	5
I am pleasing God with every dimension of my life by balancing His purposes in my life	1	2	3	4	5

**Magnification Total** \_\_\_\_\_

JUST BEGINNING  
0–5

FAIR  
5–10

GETTING GOING  
10–15

VERY GOOD  
15–20

WELL DEVELOPED  
20–25

**Optional Exercise:** Have your parent(s), spouse, group leader and/or one additional Christian friend fill out a copy of this form before you complete the Purpose Driven Life Health Plan.