

Individual Missional Health Assessment

Name: _____

In the past two weeks, how often have you:	Not at All	Several Days	Nearly Every Day	Every Day
1. spent meaningful time listening for God's direction through Scripture	0	1	2	3
2. engaged in conversational prayer	0	1	2	3
3. set time aside to learn about Jesus	0	1	2	3
4. personally reflected on your role in the plans of God	0	1	2	3
5. had a shared time of vulnerability with someone	0	1	2	3
6. spent time investing in your spiritual community	0	1	2	3
7. had a positive experience of speaking truth into someone's life	0	1	2	3
8. sacrificed in order to meet someone else's needs	0	1	2	3
9. had a meaningful interaction with a geographical neighbour	0	1	2	3
10. initiated a meaningful conversation with peers	0	1	2	3
11. went out of your way to intentionally bless	0	1	2	3

- someone through words or actions
- 12. adapted to culture to connect with someone
- 13. worked to bring reconciliation to a broken relationship or situation
- 14. Initiated a relationship with a non-Christian
- 15. spent time with a non-Christian friend
- 16. Set time aside to learn about Jesus' mission
- 17. had confidence in initiating conversations with others
- 18. had the ability to extend grace to someone who wronged you
- 19. followed the Holy Spirit's prompting to act in a specific situation
- 20. helped bring peace to a situation of conflict
- 21. demonstrated the wisdom to respond well to a situation
- 22. prayed for your neighbours
- 23. prayed for non-Christians
- 24. shared with someone how God is working in your life

0	1	2	3
0	1	2	3
0	1	2	3
0	1	2	3
0	1	2	3
0	1	2	3
0	1	2	3
0	1	2	3
0	1	2	3
0	1	2	3
0	1	2	3
0	1	2	3
0	1	2	3
0	1	2	3
0	1	2	3
		TOTAL:	

