

FLOURISH Spiritual Emotional Life Systems Inventory

Please respond to these questions honestly as they apply to you at this time.

1 Not very true 2 Somewhat true 3 Mostly true 4 Very true

God's plan for me is restoration, to have abundant life and flourish in 'Shalom'

I feel that to the best of my ability I am living my life well

My intention is to not allow my life to be dominated by negative emotions and misery

Although I have struggles, I still pursue God's abundant life for me to flourish

I understand the God gives me the gift of His Holy Spirit and I partner with Him to intentionally cultivate the life, spiritual emotions and traits of Christ the spirit in my life.

I make my main focus to pursue and Kingdom of God, following Christ to become like Him, being filled with the Holy Spirit, and not being dominated by my own soul life, pleasures, desires and ambitions.

My connection with God and Spirit filled living

I am aware of God's presence and purpose in my everyday life – for who I am becoming – being transformed to be like Him

I desire to grow in my faith, opening my life to reflect more of the spiritual emotions and traits of Christ and the Holy Spirit – His love, joy, peace, hope

I am aware of what drives my life, my 'false self', and I desire to be more authentic

I spend times of journaling and self-examination to allow the God to help me be aware, stay honest and keep growing

I enjoy spending time reading the Bible, praying and worshipping God with others and alone

I try to listen to and follow the voice of the Holy Spirit in my life in practical everyday life

When I am going through challenges, I invite God to be present with me and am aware of Him being there with me

Nurture positive spiritual emotional wellbeing

I am properly dealing with hurts, resentments, disappointments, failures, doubts, pride, bitterness – all the emotional debris that is churning in my soul from my life journey

I intentionally take responsibility to pursue cleansing, healing and growth in my heart and soul and not to mask or bury my true feelings and experience.

I have an honest and realistic view of myself – my strengths and weaknesses

I am aware of the desires, needs and longings that drive my life

I am on the path to becoming authentic, the best of who God created me to be in Christ

Love, kindness, Compassion, generosity

I am aware of being a child of God and open my heart to accept His unconditional love for me

I try to love and honor God in all areas of my life

My heart is moved with compassion towards those who are hurting and in need

I open my heart to let God's love flow through me to others and show it practically through ways such as kindness

When I can, I am giving and generous to others

Joy, Contentment, Happiness

I aim for joy, to be content and grateful in the present moments of each day

I try to laugh and see the humor in things

I am aware of negative, pessimistic, anxious thinking, and try to focus rather on the good and God's perspective instead

I try to be present in the moment and enjoy the simple pleasures in life

I intentionally cultivate more positive spiritual emotion

I nurture and strengthen meaningful healthy relationship connections

I serve and volunteer with my time, skills and resources when I can

I take time to appreciate the beauty of God's creation, art and others around me

Peace, Tranquility

I care for my body with a basic lifestyle of exercise, eating well, sleep, rest and stress management.

I try to ruthlessly eliminate hurry and stress from my life

I regularly take time for quieting my mind

I frequently spend time in Silence and Solitude

I practice Christian meditation and relaxation frequently

I spend time in prayer often, surrendering and releasing my cares and worries to God

I am on the journey towards resolving and healing emotional wounds and unresolved conflict

I try to stay aware of when I wrong others or don't live my life right and ask forgiveness.

I also try to keep my life clean and uncontaminated by forgiving others who offend or hurt me

Appreciation and gratitude

I am aware of having so much to be thankful for

When I pray with my requests, I also thank God for His goodness to me

I show appreciation to the people in my life I am grateful for

I reflect daily on what I am grateful for and feel appreciation in my heart

As I reflect back over my life, I remember God's goodness to me and I am becoming more grateful

Hope and faith

When going through challenges, I try to reflect on God's perspective, promises, and His goodness in the past

I read the Word and meditate on scripture to build my faith

I attend worship services regularly, listening to teachings and worshipping with others

I reflect on positive affirmations, what is good in life and encouraging words that build optimism

__ When I experience negative patterns of thoughts, doubts, fears and feelings, I try to dispute them and replace them with healthier, positive alternatives that build my hope and faith.

__ I am confident that God has a plan for my life with a hope for the future.

__ As I look ahead, I have a sense of my vision, calling and purpose for my life and I live my life accordingly

Cultivate Spiritual Emotional Well Being

__ I intentionally pursue Positive Habits, Spiritual Practices and a rhythm in my lifestyle on a regular basis to keep me close to God, fill me with the Holy Spirit and nourish my soul.

__ I am committed to growing in a vibrant personal life that includes emotional maturity, spiritual formation and healthy relationship connections.