Spiritual Self Assessment

1. List six adjectives that describe me:
   1. 
   2. 
   3. 
   4. 
   5. 
   6. 

2. List five things that I like about myself:
   1. 
   2. 
   3. 
   4. 
   5. 

3. Write four things that I do well:
   1. 
   2. 
   3. 
   4. 

4. Share three areas of life/work in which I struggle:
   1. 
   2. 
   3. 

5. List two aspects, skills, or gifts that I would like to develop or enhance:
   1. 
   2. 

6. Write one word or phrase that characterizes a description of my life/work:

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