

AN AUTO-EVALUATION OF MY PHYSICAL CIRCLE

Answer the following questions by circling your response.

Score

1. Do I have adequate periods of rest and relaxation? Insufficient 1 2 3 4 5 6 7 8 9 10 Sufficient	
2. Do I eat properly? Inadequate 1 2 3 4 5 6 7 8 9 10 Excellent	
3. Do I get enough sleep? Inadequate 1 2 3 4 5 6 7 8 9 10 Adequate	
4. Do I get enough exercise? Too little 1 2 3 4 5 6 7 8 9 10 More than enough	
5. Do I treat my body as the temple of the Holy Spirit? Sometimes 1 2 3 4 5 6 7 8 9 10 Always	
6. Am I my ideal weight? Not ideal 1 2 3 4 5 6 7 8 9 10 Ideal	
7. Am I aware of mannerisms which bother others? None 1 2 3 4 5 6 7 8 9 10 Many	
8. Do I take care of my outward appearance? Minimal 1 2 3 4 5 6 7 8 9 10 Excessive	
9. Do I give detailed attention to personal hygiene? Very little 1 2 3 4 5 6 7 8 9 10 Meticulous	
10. Do I feel uncomfortable about aspects of my physical frame? Very uncomfortable 1 2 3 4 5 6 7 8 9 10 Very comfortable	
11. Do I have a secure sexual identity? Insecure 1 2 3 4 5 6 7 8 9 10 Very secure	
12. Have I had a physical check-up recently? Long time ago 1 2 3 4 5 6 7 8 9 10 Very recent	
13. Do I feel a sense of calling in my life? Unsure 1 2 3 4 5 6 7 8 9 10 Definite	
14. Do I engage in exercise at least three times a week? Rarely 1 2 3 4 5 6 7 8 9 10 Always	
14. How am I doing in the area of sexual purity? Out of control 1 2 3 4 5 6 7 8 9 10 Doing well	

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Listening Prayer Assignment: After preparing your heart for a time of listening to God, ask Him the question – *Lord Jesus, what do You have to say to me about the care of my body within the physical circle?*

A Summary of My Physical Circle:

The area(s) I desire to grow in are:

1.

2.

3.

4.
