

# LIFE DOMAIN ASSESSMENT

## LIFE DOMAINS ASSESSMENT: FOUR HELPFUL LISTS WITH LIFE DOMAINS

We believe the best way to grow and move forward is to be honest about our current reality. In order to change things, we first have to name them. We have found that in order to “bear much fruit” well (John 15), we don’t just need to be productive, we need to be present. Our desire is to become whole, healthy disciples of Jesus and that means taking the health of our whole life into consideration.

Take some time to reflect and fill in each of the blank spaces below. You will be asked to assess your personal life, family life, faith life, vocation, and community life by answering the questions, “What is Right?”, “What is Wrong?”, “What is Confused?” and “What is Missing?” Don’t rush this. Answer openly, honestly, and vulnerably. Feel free to invite your spouse or a trusted friend or family member into the conversation.

Life Domains	What is Right? (optimize)	What is Wrong? (change)	What is Confused? (clarify)	What is Missing? (add)
Personal				
Family				
Faith				
Vocation				
Community				