

LIVING COMPASS

The Rev. Dr. Scott Stoner



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NOTE: *This Adult Faith & Wellness Self-Assessment PDF is a companion resource to our Adult Faith & Wellness Circle Program Workbook. To download a free PDF of the Adult Faith & Wellness Circle Program Workbook, visit our website: livingcompass.org*

Home Printing Note: If you have filled in these forms using something besides Adobe Acrobat Reader and the filled-in values don't print, you need to do a "Save As..." (File Menu) of the pdf file from the application you used to open this file. When you print it from the newly saved file it should print all of your scores.

The Living Compass: Everything is Connected



The Living Compass Model for Well-Being offers guidance in four dimensions of our being: heart, soul, strength, and mind. Just like a mobile or kinesthetic art, every dimension of our being is interconnected—movement in one area affects all the others. We are not compartmentalized people. Whatever impacts one area of our lives (positively or negatively) has an impact on the other areas. Each of the four compass points focuses on two areas of well-being, and these eight areas help to guide and equip us as we commit to being more intentional about the way we live our lives. The invitation is to live an undivided life, where heart, soul, strength, and mind are integrated into both our *being* and our *doing*.

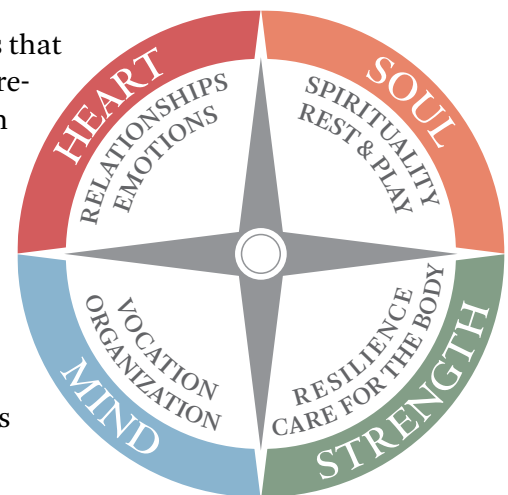
- Heart**
- **Relationships.** The ability to create and maintain healthy, life-giving connections with others.
 - **Emotions.** The ability to process, express, and receive emotions in a healthy way.

- Soul**
- **Spirituality.** The development and practice of a strong personal value system and a meaningful purpose in life.
 - **Rest and Play.** The ability to balance work and play and to renew oneself.

- Strength**
- **Care for the Body.** The ability to build healthy habits and practices regarding our physical well-being.
 - **Resilience.** The ability to deal positively with the adversities of life.

- Mind**
- **Organization.** The ability to keep track of and make good use of possessions, money, and time.
 - **Vocation.** The ability to get the most out of employment, educational, and volunteer opportunities.

Living Compass believes we all have many compasses that compete to guide our lives, often outside of our awareness. One example is a compass from the culture in which we live, a compass that gives us constant signals about how we should live. It is our responsibility to pay close attention to these clues and decide for ourselves whether or not what that compass is offering is the best guide for us. When we intentionally choose the compass that we believe guides us in making healthy decisions in all areas of our lives, we have a much better chance of experiencing wellness and wholeness.



The Adult Faith & Wellness Self-Assessment


The **Adult Faith & Wellness Self-Assessment** is designed to help you listen to the whispers in your life right now. Our lives are always speaking to us. The question is, are we listening? This is your opportunity to listen.

This self-assessment—like a mirror—will reflect back to you your current state of balance and wholeness. The results are a present-moment snapshot of your life right now, revealing where in the garden of your life you have been watering and tending, and which areas could use more of your attention.

Let's take a look at sample scores from the Adult Faith & Wellness Self-Assessment. We hope these assessments will become a trusted compass and guide for the next steps on your journey toward wellness and wholeness.

Adult Faith & Wellness Self-Assessment: Sample Scores

Adult Faith & Wellness Self-Assessment



Relationships


The ability to create and maintain healthy, life-giving connections with others.

Respond to the following 10 statements with a number between 0–10, based on the following scale. When you are done, transfer the total to your Wellness Compass on page 16. If a statement does not apply to you then simply give yourself a “10” for that statement.

Never	Sometimes	Half of the Time	Most of the Time	Always							
0	1	2	3	4	5	6	7	8	9	10	
I am satisfied with the quality of the relationships I have with my spouse, partner, children, extended family, and/or close friends.											<u>5</u>
I am satisfied with the amount of time I spend with the important people in my life.											<u>4</u>
I am satisfied with the honest conversations I am able to have with those who are important to me.											<u>6</u>
My friends and family can count on me when they need help.											<u>4</u>
I am able to forgive family and friends for past or present hurts.											<u>4</u>
In my close relationships, I am very satisfied that there is a good balance between give and take.											<u>3</u>
I am able to resolve conflict in healthy ways with family and friends. We are able to talk through problems before they can fester.											<u>4</u>
I feel good about the levels of trust, respect, and honesty I have in my relationships.											<u>6</u>
I feel good about the impact my use/ or non-use of alcohol and other drugs has on my relationships with family, friends, and/or colleagues.											<u>5</u>
I am able to identify and then work to change or end an unhealthy relationship when needed.											<u>4</u>
TOTAL										<u>45</u>	

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Adult Faith & Wellness Self-Assessment



Resilience

The ability to deal positively with the adversities of life.

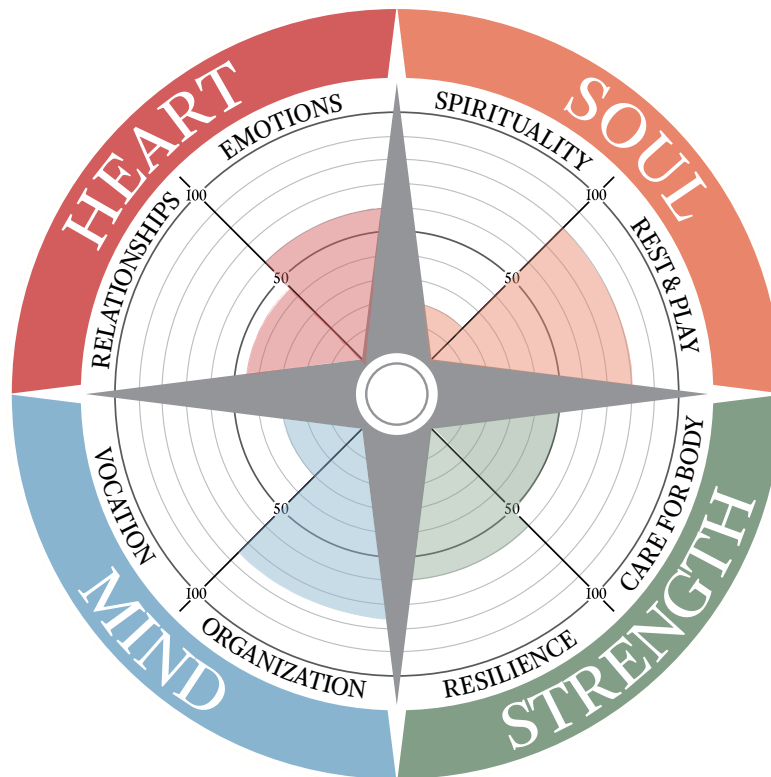
Respond to the following 10 statements with a number between 0–10, based on the following scale. When you are done, transfer the total to your Wellness Compass on page 16. If a statement does not apply to you then simply give yourself a “10” for that statement.

Never	Sometimes	Half of the Time	Most of the Time	Always							
0	1	2	3	4	5	6	7	8	9	10	
I usually respond to changes in my life with a positive attitude.											<u>7</u>
I am dealing effectively with changes in my life, planned and unplanned.											<u>6</u>
When I am stressed, or in the midst of transition, I turn to God (Higher Power/ Source) and the spiritual practices that give me strength and resilience.											<u>6</u>
I recognize the signs of stress—headaches, trouble sleeping, feelings of depression, or outbursts of anger—and try to make healthy adjustments accordingly.											<u>7</u>
When I encounter challenges, I am able to keep them in perspective.											<u>4</u>
I seek support when facing difficult circumstances, rather than taking my stress out on others, or isolating myself.											<u>5</u>
I anticipate and plan for changes and transitions that I know are coming, rather than simply reacting to them when they happen.											<u>6</u>
I refrain from using alcohol, drugs, or food to numb or self-medicate when I am stressed.											<u>6</u>
In the midst of stress, I am generally able to remain flexible and adaptable.											<u>6</u>
I resist the temptation to overcommit and create unrealistic expectations for myself that cause high levels of intensity and stress.											<u>7</u>
TOTAL SCORE										<u>60</u>	

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Adult Faith & Wellness Self-Assessment

Sample Results based on Sample Total Scores



Once you have arrived at your total score from each self-assessment, that section of the Results Compass on p. 16 will automatically fill in with your total (0 is at the center, 50 is halfway out, and 100 is at the outer edge). If you are printing and completing the self-assessments by hand, you will shade in your total scores in each area of wellness on the Results Compass on p. 17. Remember, your scores are not “good” or “bad,” nor are they “strong” or “weak.” The self-assessment is simply a snapshot of your life at this very moment. It might be helpful to think of the Compass as a garden. Your results show areas of the garden you have been watering, and which areas may be in need of some additional watering.

**You can download additional blank self-assessment compasses to use to record your results on our website: LivingCompass.org*

Relationships

The ability to create and maintain healthy, life-giving connections with others.

Respond to the following 10 statements with a number between 0–10, based on the following scale. When you are done, transfer the total to your Wellness Compass on page 16. If a statement does not apply to you then simply give yourself a “10” for that statement.

Never	Sometimes		Half of the Time			Most of the Time		Always		
0	1	2	3	4	5	6	7	8	9	10

I am satisfied with the quality of the relationships I have with my spouse, partner, children, extended family, and/or close friends. _____

I am satisfied with the amount of time I spend with the important people in my life. _____

I am satisfied with the honest conversations I am able to have with those who are important to me. _____

My friends and family can count on me when they need help. _____

I am able to forgive family and friends for past or present hurts. _____

In my close relationships, I am very satisfied that there is a good balance between give and take. _____

I am able to resolve conflict in healthy ways with family and friends. We are able to talk through problems before they can fester. _____

I feel good about the levels of trust, respect, and honesty I have in my relationships. _____

I feel good about the impact my use/or non-use of alcohol and other drugs has on my relationships with family, friends, and/or colleagues. _____

I am able to identify and then work to change or end an unhealthy relationship when needed. _____

TOTAL _____

Emotions

The ability to process, express, and receive emotions in a healthy way.

Respond to the following 10 statements with a number between 0–10, based on the following scale. When you are done, transfer the total to your Wellness Compass on page 16. If a statement does not apply to you then simply give yourself a “10” for that statement.

Never	Sometimes			Half of the Time			Most of the Time			Always
0	1	2	3	4	5	6	7	8	9	10

People who know me well would say that I handle my emotions in healthy ways. _____

I avoid using alcohol, other drugs, and other possibly addictive behaviors to deal with my emotions. _____

I can feel and express the full range of emotions (sadness, fear, joy, laughter, etc.) with people I trust. _____

When someone I care about is upset I am comfortable listening, rather than telling them what to do or detaching from them. _____

When I am emotionally upset, I often turn to my spirituality, prayer, or other spiritual practice to help re-center myself. _____

I feel good about the way I handle my emotions and how they affect my relationships. _____

I do not feel responsible for other people’s emotions. _____

I am able to communicate my emotions in a positive way without being irritable, critical, or angry. _____

I know the early warning signs of depression and anxiety, and would seek help if I recognize these signs in myself. _____

When I am feeling emotionally overwhelmed, I am able to turn to others for support and help. _____

TOTAL SCORE _____

Spirituality

The development and practice of a strong personal value system and a meaningful purpose in life.

Respond to the following 10 statements with a number between 0–10, based on the following scale. When you are done, transfer the total to your Wellness Compass on page 16. If a statement does not apply to you then simply give yourself a “10” for that statement.

Never	Sometimes		Half of the Time			Most of the Time		Always		
0	1	2	3	4	5	6	7	8	9	10

I have a strong sense of God (Higher Power/Source, however I define that) in my life. _____

I have centering/spiritual/prayer practices that are a regular part of my life. _____

I am pleased with what I give back to the world. _____

I seek forgiveness from family and friends when I have hurt them, and offer forgiveness to others. _____

I read the Bible or other spiritual texts to enrich my spiritual life. _____

I have a deep sense of gratitude for the blessings in my life. _____

I feel well connected to a spiritual community and feel supported by that community. _____

The way I live my life is consistent with my spirituality, core values, and beliefs. _____

I am comfortable talking about my faith/spirituality with others. _____

I feel that I am a compassionate person. _____

TOTAL SCORE _____

Rest and Play

The ability to balance work and play and to renew oneself.

Respond to the following 10 statements with a number between 0–10, based on the following scale. When you are done, transfer the total to your Wellness Compass on page 16. If a statement does not apply to you then simply give yourself a “10” for that statement.

Never		Sometimes		Half of the Time		Most of the Time		Always		
0	1	2	3	4	5	6	7	8	9	10

I use some of my rest time as sabbath time to intentionally renew and nurture my spirituality. _____

I am satisfied with the amount of time that I set aside for healthy fun. _____

I have at least one hobby or interest that renews me, and I take intentional time for it on a regular basis. _____

I actively take advantage of opportunities to try new healthy ways to have fun. _____

I regularly take time to laugh and enjoy life. _____

I am able to take my mind off work/school/other commitments when I am away from them. _____

I take time to recreate and renew myself regularly. _____

I am confident that the amount of time I spend on email, online, watching TV, on my computer, on my phone, and other technology, is good for my overall well-being. _____

I have recreational activities that I regularly enjoy with others. _____

I frequently have fun where alcohol and/or other drugs are not involved. _____

TOTAL SCORE _____

Care for the Body

The ability to build healthy habits and practices regarding our physical well-being.

Respond to the following 10 statements with a number between 0–10, based on the following scale. When you are done, transfer the total to your Wellness Compass on page 16. If a statement does not apply to you then simply give yourself a “10” for that statement.

Never		Sometimes			Half of the Time			Most of the Time		Always	
0	1	2	3	4	5	6	7	8	9	10	

I get an amount of regular physical activity that is healthy for me. _____

My spirituality is a positive guide for my views toward my physical well-being and how I care for my body. _____

I am comfortable with my sexuality, knowing that my sexual decisions are healthy and safe, both physically and emotionally. _____

Most of the daily decisions that I make regarding what I eat and drink are healthy. _____

I go to the doctor and dentist for regular checkups, and seek help when a health problem arises. _____

I feel comfortable about my relationship with food. _____

I know that the decisions I make about the use of tobacco, alcohol, and/or other drugs are healthy for me. _____

I feel comfortable with my current weight. _____

Instead of letting the culture tell me how I should look in terms of weight or appearance, I decide for myself what is healthy and best for me. _____

I regularly get adequate amounts of sleep and feel rested when I awake. _____

TOTAL SCORE _____

Resilience

The ability to deal positively with the adversities of life.

Respond to the following 10 statements with a number between 0–10, based on the following scale. When you are done, transfer the total to your Wellness Compass on page 16. If a statement does not apply to you then simply give yourself a “10” for that statement.

Never	Sometimes			Half of the Time			Most of the Time			Always
0	1	2	3	4	5	6	7	8	9	10

I usually respond to changes in my life with a positive attitude. _____

I am dealing effectively with changes in my life, planned and unplanned. _____

When I am stressed, or in the midst of transition, I turn to God (Higher Power/Source) and the spiritual practices that give me strength and resilience. _____

I recognize the signs of stress—headaches, trouble sleeping, feelings of depression, or outbursts of anger—and try to make healthy adjustments accordingly. _____

When I encounter challenges, I am able to keep them in perspective. _____

I seek support when facing difficult circumstances, rather than taking my stress out on others, or isolating myself. _____

I anticipate and plan for changes and transitions that I know are coming, rather than simply reacting to them when they happen. _____

I refrain from using alcohol, drugs, or food to numb or self-medicate when I am stressed. _____

In the midst of stress, I am generally able to remain flexible and adaptable. _____

I resist the temptation to overcommit and create unrealistic expectations for myself that cause high levels of intensity and stress. _____

TOTAL SCORE _____

Organization

The ability to keep track of and make good use of possessions, money, and time.

Respond to the following 10 statements with a number between 0–10, based on the following scale. When you are done, transfer the total to your Wellness Compass on page 16. If a statement does not apply to you then simply give yourself a “10” for that statement.

Never		Sometimes		Half of the Time		Most of the Time		Always		
0	1	2	3	4	5	6	7	8	9	10

My spirituality guides my relationship with money and material possessions. _____

Others whose lives are impacted by mine would describe me as well-organized. _____

I am happy with the way I organize my priorities, ensuring that I have enough time to dedicate to the important areas of my life. _____

I am on time for appointments, meetings, and social events. _____

At the end of each day I feel like I have completed most everything I had planned to get done. _____

I have a way of tracking my commitments and keeping them organized that works well for me. _____

I regularly take time to plan ahead for things so that I don't have to rush around at the last minute to get ready. _____

I am satisfied with my financial organization, which could include how I: maintain a budget, keep track of expenditures, save money, pay bills on time, organize tax information and file tax returns on time. _____

I regularly take time to clean and organize my personal spaces, such as home, car, office, desk, closets, etc. _____

I regularly go through closets, drawers, files, and other storage spaces and get rid of things I know longer need. _____

TOTAL SCORE _____

Vocation

The ability to get the most out of employment, educational, and volunteer opportunities.

Respond to the following 10 statements with a number between 0–10, based on the following scale. When you are done, transfer the total to your Wellness Compass on page 16. If a statement does not apply to you then simply give yourself a “10” for that statement.

Never		Sometimes		Half of the Time		Most of the Time		Always		
0	1	2	3	4	5	6	7	8	9	10

I have a clear sense of the gifts and talents that I have been given and make good use of them. _____

I am satisfied with how my work/education/service life is balanced with my personal life. _____

I have others in my life who enjoy the same kind of work/education/service that I do. _____

I welcome opportunities to learn new things to enhance my work/education/service. _____

My work/education/service is congruent with my spirituality, beliefs, and core values. _____

I would feel confident making a change in my work/education/service if I needed to. _____

I am satisfied with the pay and/or recognition I receive for my work/education/service. _____

I enjoy my current work/education/service. _____

I have a clear sense of purpose and direction in my work/education/service. _____

If I decided to make a change in my work/education/service, I would know where to begin and where to seek support and guidance. _____

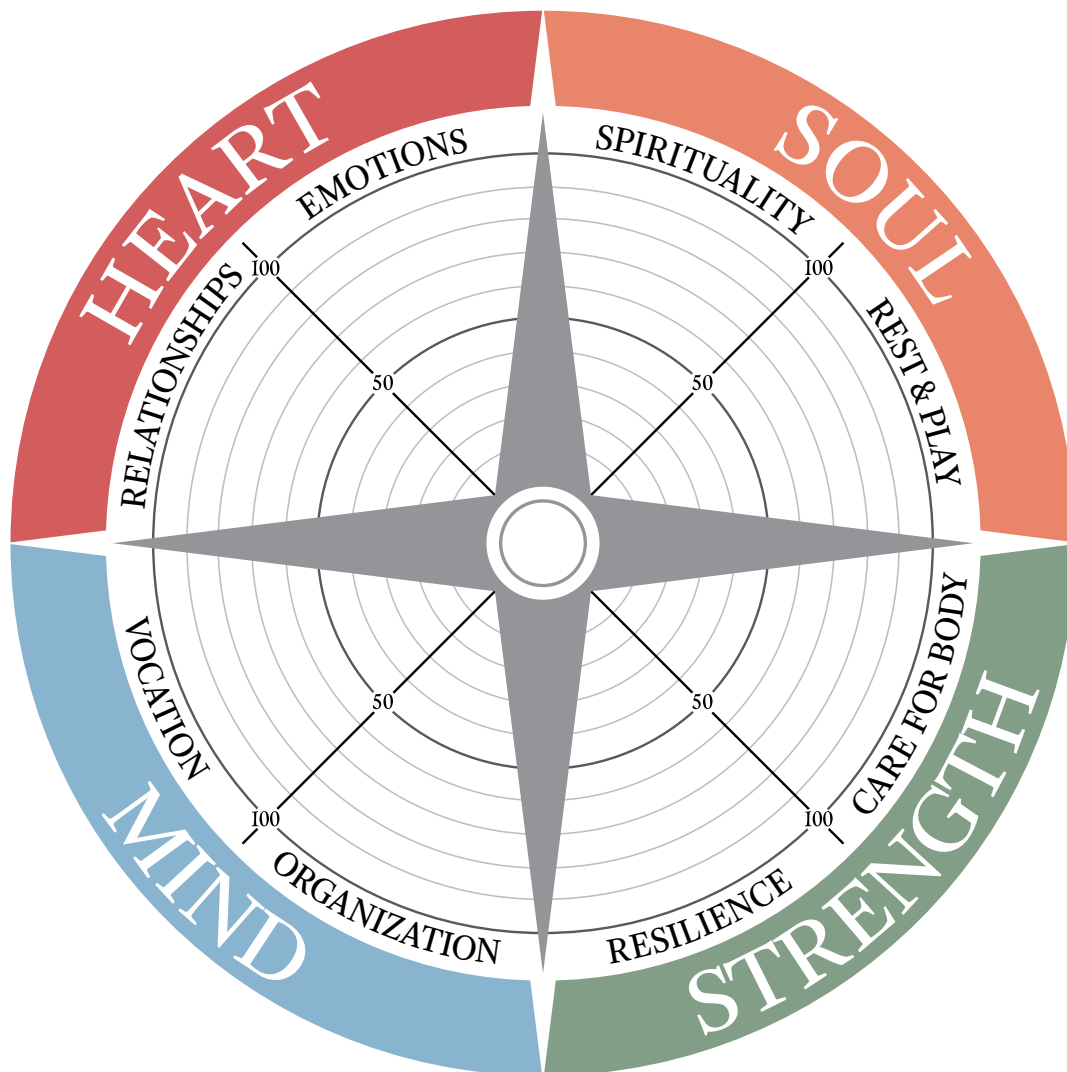
TOTAL SCORE _____

Adult Faith and Wellness Compass: *Your Results*

(will auto-populate with total scores from all of the self-assessments)

Once you have arrived at your total score from each self-assessment, that section of the compass will automatically fill in with your total (0 is at the center, 50 is halfway out, and 100 is at the outer edge). Remember, your scores are not “good” or “bad,” nor are they “strong” or “weak.” The self-assessment is simply a snapshot of your life at this very moment. It might be helpful to think of the Compass as a garden. Your results show areas of the garden you have been watering, and which areas may be in need of some additional watering.

NOTE: The zeroes (0) in the compass below will be auto-populated with your results from the self-assessment. If you want to print and complete the assessment by hand, we have added a blank Results Compass on p. 17 for you to shade in (see p. 7 for an example).

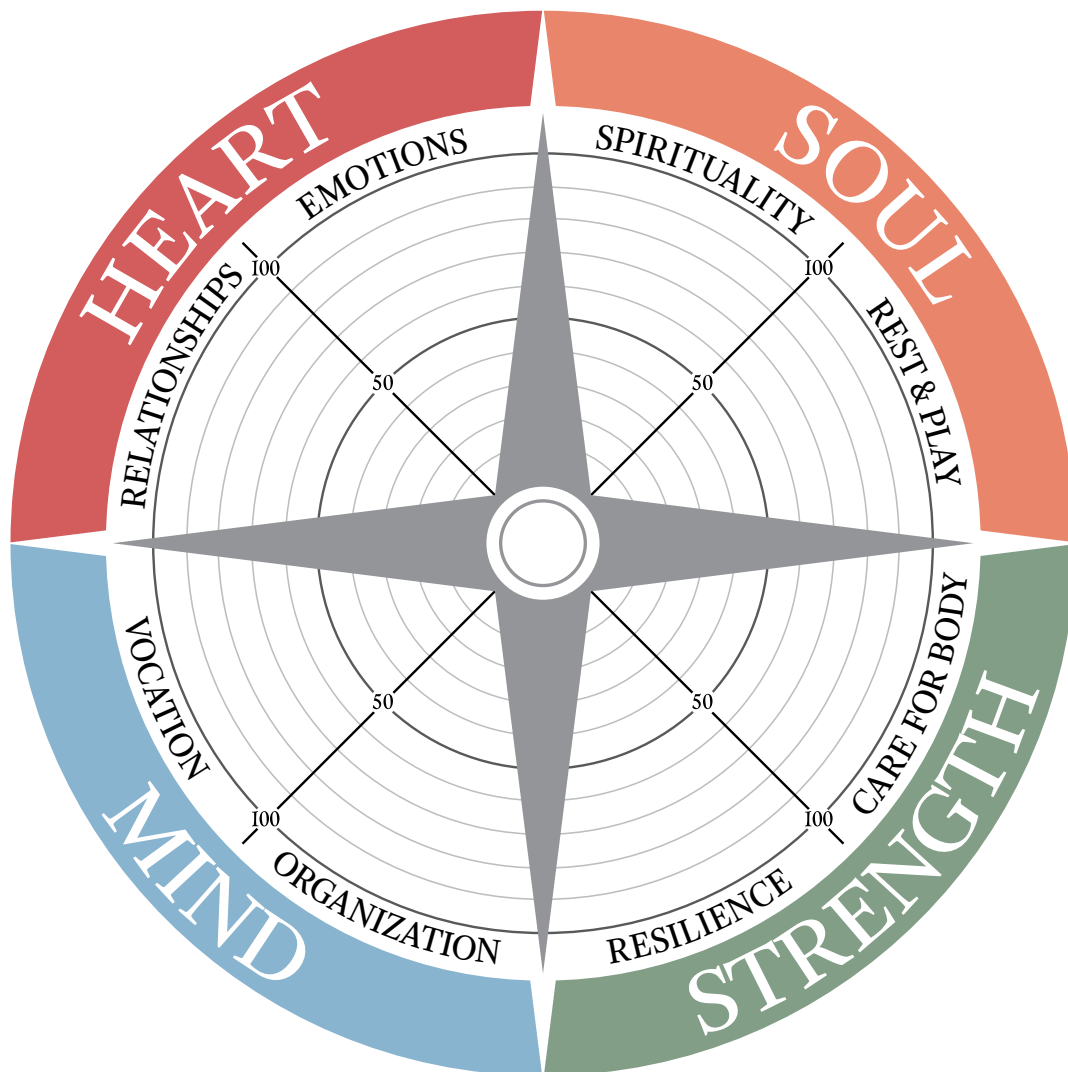


Adult Faith and Wellness Compass: *Your Results*

(for shading in by hand your total scores from all of the self-assessments)

Once you have arrived at your total score from the self-assessment in each area of wellness, shade in that section of the compass with your total (0 is at the center, 50 is halfway out, and 100 is at the outer edge). Remember, your scores are not “good” or “bad,” nor are they “strong” or “weak.” The self-assessment is simply a snapshot of your life at this very moment. It might be helpful to think of the Compass as a garden. Your results show areas of the garden you have been watering, and which areas may be in need of some additional watering.

NOTE: If you want to complete the self-assessment electronically, your results will be auto-populated on the Compass on p. 16. This Compass has been added for those who want to print and complete the assessment by hand.



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