

My 'No Bull ****' Life Assessment:

Ratings scale: 1 = absolutely horrible
10= it doesn't get any better, spectacular

Spiritual:

1. I rate my spiritual life: 1 2 3 4 5 6 7 8 9 10
2. Compared to a year ago, my spiritual life is: worse / same / better
3. I rate my prayer life: 1 2 3 4 5 6 7 8 9 10
4. I keep a prayer journal Yes No
5. The number of times I have had a quiet time in the last 30 days: _____
6. The number of times I have prayed with my wife in the last 30 days: _____
7. My spiritual goals:

Marriage:

1. I rate my marriage: 1 2 3 4 5 6 7 8 9 10
2. My wife would rate our marriage: 1 2 3 4 5 6 7 8 9 10
3. Compared to a year ago, my marriage is: worse / same / better
4. The number of times I have dated my wife in the last 30 days: _____
5. Rank my wife's love languages:

- _____ Words of affirmation
- _____ Quality time
- _____ Receiving gifts
- _____ Acts of service
- _____ Physical touch

6. I do these daily with my wife:
 - Touch (all types) most days / some / seldom / hardly ever
 - Laugh most days / some / seldom / hardly ever

7. Two things my wife wishes I would do for her, to her, with her, because of her or be, but I am have not done:

8. My marriage goals:

Family:

1. I rate my relationship with my kid(s): 1 2 3 4 5 6 7 8 9 10
2. Compared to a year ago, my relationship with my kid(s) is: worse / same / better
3. I make it a point to spend quality time with my kid(s): Yes / some / seldom
4. My family goals:

Work:

1. I rate my job satisfaction: 1 2 3 4 5 6 7 8 9 10

2. Compared to a year ago, my job satisfaction is: worse / same / better

3. What bad work habits I am trying to change:

4. My work goals:

Financial:

1. How well am I handling your finances right now : 1 2 3 4 5 6 7 8 9 10

2. Compared to a year ago, my finances are: worse / same / better

3. My financial goals:

Me:

1. I rate my mental and physical health: 1 2 3 4 5 6 7 8 9 10

2. Compared to a year ago, my mental/physical health is: worse / same / better

3. Are you sleeping well these days Yes No

4. The number of times I have looked at porn in the last 30 days: _____

5. I am in an inappropriate relationship right now: Yes No

6. I have a relationship that could or is about to cross the line: Yes No

7. In the past year, I have been involved in an inappropriate relationship: Yes No

8. I regularly observe a 'Sabbath' Yes No

9. My me goals:

When I worry or fear it is about: _____

Who / what circumstances rob joy in your life:

Where/How are you most vulnerable? How can satan take you out?

What do I need to tell you but was not asked or I my answer was 'bull-shit' ?