

## Standing Stone Personal Inventory - Standing Stone Wholeness Inventory

For each statement, mark from 1 TO 5, where “1” doesn’t describe my current situation at all AND “5” describes my current situation very well.

### Physical Formation

\_\_\_ A. I see my body as the vessel God has given me to display the love of Christ to others.

\_\_\_ B. I understand how to care well for my body to foster energy, health, and strength for my individual needs.

\_\_\_ C. I regularly check my life and workload to assess the amount of stress I am experiencing.

\_\_\_ D. I get 7-9 hours of sleep each night.

\_\_\_ E. I exercise/move my body for at least 20 minutes 3-4+ days per week.

\_\_\_ F. I am adequately hydrating with half of my body weight in ounces of water daily. (8oz=1 glass)

\_\_\_ G. I am eating a well-balanced, nutrient-dense diet of mostly whole, fresh food.

Physical Formation Total \_\_\_\_\_

### Spiritual Formation

\_\_\_ A. I purposefully slow down to talk and listen to God daily (e.g. solitude & silence).

\_\_\_ B. I regularly feel loved by and connected to God.

\_\_\_ C. I try to enjoy God through incorporating spiritual disciplines into my regular rhythm.

\_\_\_ D. I value intimacy with God more than doing things for God.

\_\_\_ E. I spend regular time engaging God through scripture, hearing and responding to Him.

\_\_\_ F. I do not have ongoing or recurring hidden sin struggles in my life.

\_\_\_ G. I intentionally connect with a spiritual director/guide who pours into me spiritually.

Spiritual Formation Total \_\_\_\_\_

### Emotional Formation

\_\_\_ A. I recognize that being in tune with my deep emotions is a key part of living abundantly with Jesus.

\_\_\_ B. I understand how my family of origin has a significant impact on my feelings, thoughts, and behaviors (positively and negatively).

\_\_\_ C. I am able to regulate my emotions so I can respond thoughtfully with self-control and gentleness in any given situation.

\_\_\_ D. I can enter into the experiences and feelings of others to connect deeply with them.

\_\_\_ E. In my relationships with others, I am able to maintain healthy boundaries and do not take on experiences/feelings that aren't mine to hold.

\_\_\_ F. I regularly reflect on and honestly express my positive emotions AND negative emotions to God and others I trust.

\_\_\_ G. I would readily see a counselor/therapist when a crisis or issue arises and I need emotional/mental help.

Emotional Formation Total \_\_\_\_\_

### **Mental Formation**

\_\_\_ A. I recognize how what I am thinking about serves to direct my life both positively and negatively.

\_\_\_ B. I use scripture and the counsel of others to have God reveal any lies I have been believing about God, myself, my circumstance, or relationships.

\_\_\_ C. I see how my feelings can affect my thinking by reinforcing truth or leading me to believe things that are not true.

\_\_\_ D. I desire to address how past trauma has impacted what I believe about myself, God, and others.

\_\_\_ E. I guard my thoughts and am intentional about what I'm feeding my mind.

\_\_\_ F. I meditate and memorize scripture so the Holy Spirit can use God's truth to renew my mind.

\_\_\_ G. I create space each week to focus on learning and developing my mind.

Mental Formation Total \_\_\_\_\_

### **Relational Formation**

- A. I experience God's love and presence through my relationships with others.
- B. I have a trusted friend that I confess sin to and share honestly about my whole life.
- C. I have a church/faitH community that I engage with as a part of my regular life.
- D. I actively work through resentments, practice forgiveness, and reconcile directly with those I have harmed or that I have issues/problems (where possible).
- E. I have relationships with people who have different perspectives than I do and love them unconditionally through the power of the Holy Spirit.
- F. I have people that I enjoy life with and with whom I have recreational fun.
- G. I meet with a mentor/coach to help me effectively engage in work, relationships, and life pressures.

Relational Formation Total \_\_\_\_\_

### **Financial Formation**

- A. I believe everything I have comes from God, and I'm a steward of the things He gave me.
- B. My value and worth are not determined by how much money I make.
- C. I have a written budget that I regularly use to evaluate spending patterns and goals.
- D. I regularly give a portion of my income back to God through my church and/or a ministry as an act of worship.
- E. I regularly save a portion of my income.
- F. I have sufficient insurance policies in place for my family and me.
- G. If I do have consumer debt, I am actively working toward eliminating it as quickly as possible.

Financial Formation Total \_\_\_\_\_

### **Kingdom Formation**

- A. I intentionally look for opportunities to bring the gospel of God's kingdom to others, in

words and actions, in my local context.

B. I practice hospitality in my home and life.

C. I see myself as someone who is sent by God to the people I live and work with each day.

D. I am involved in some form of compassion-based ministry.

E. I am attempting to discern and participate in God's mission in a global context.

F. I have a biblical understanding of sabbath and practice sabbath rest weekly.

G. I see my job as God's sacred calling to increase flourishing in the world.

Kingdom Formation Total \_\_\_\_\_

**Family Formation** (Answer all that are applicable)

A. I see my marriage and family as an essential way I show God's love to the world.

B. I prioritize time and energy to invest in fostering a healthy marriage built on trust and honesty.

C. I live and lead by pursuing first a healthy relationship with Christ, then my marriage, then family, and finally ministry (in that order).

D. I feel emotionally, physically, and spiritually connected in my marriage.

E. I consider the impact on my marriage and family before making ministry decisions.

F. I pursue intentional ways and resources to disciple my kids.

G. I pursue knowing my spouse and kids deeply by asking intentional questions, listening well, and honoring and encouraging their God-given gifts/abilities.

Family Formation Total \_\_\_\_\_

**Singleness Formation** (Answer all that are applicable)

A. I feel loved, valued, and have a sense of belonging in my singleness.

B. I embrace and enjoy my singleness at this season of my life.

C. I have a deep and active relationship with my immediate family.

D. I have a mentor/close friend(s) who keeps me accountable to my sexual & relational commitments within a biblical sexual ethic.

\_\_\_ E. I consider the impact on my family before making ministry decisions.

\_\_\_ F. I pursue intentional ways and resources to disciple my kids.

\_\_\_ G. I pursue knowing my kids deeply by asking intentional questions, listening well, and honoring and encouraging their God-given gifts/abilities.

Singleness Formation Total \_\_\_\_\_

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