

Level of Personal Growth Assessment Worksheet

This worksheet helps you prayerfully evaluate your habits, disciplines, distractions, struggles, and areas of growth that may either support or hinder your God-given purpose. The goal is not perfection, shame, or performance, but awareness. Often, the greatest obstacles to our calling are not dramatic failures, but the slow erosion of the habits and rhythms needed to sustain us. Use it honestly and prayerfully, take your time, journal where needed, and revisit it regularly.

Part 1: Understanding Your Calling

(Revisit the Purpose Worksheet or the Purpose Wheel)

1. What do you believe God is calling you toward in this season?

2. Why do you believe this matters?

3. What kind of person would be able to carry this calling well?

Think about character, discipline, emotional maturity, faithfulness, spiritual health, leadership, stewardship, wisdom, and courage.

Part 2: Current Capacity Assessment

Evaluate Your Current Level of Growth

Rate yourself from 1–5.

1 = Very Weak

2 = Inconsistent

3 = Developing

4 = Healthy

5 = Strong & Consistent

Area	Rating (1-5)	Notes
Prayer life		
Time in the Word		
Worship & intimacy with God		
Consistency		
Self-discipline		
Focus		
Emotional resilience		
Stewardship of time		
Stewardship of energy		
Physical health		
Sleep & rest		
Productivity		
Courage & obedience		
Integrity		
Ability to endure discomfort		
Patience		
Humility & teachability		
Ability to manage distractions		
Follow-through		
Relationships & community		

1. Which areas currently support your calling the most?

2. Which areas currently weaken your ability to walk in your calling?

3. What habits are helping you grow?

4. What habits are slowly draining your spiritual or practical capacity?

Part 3: Assessing Direct, Indirect & Subtle Attacks

A. Direct Attacks

Direct attacks are obvious struggles or temptations that immediately weaken discipline, spiritual intimacy, focus, or obedience.

Examples include temptations, addictions, escapism, anger, lust, comparison, self-condemnation, fear, disobedience or returning to unhealthy coping mechanisms

1. What direct struggles most often pull you away from God or your calling?

2. What habits or disciplines are most affected when these struggles appear?

3. What usually triggers these struggles?

4. What boundaries, support systems, or habits could help protect you?

B. Indirect Attacks

Indirect attacks are distractions that slowly weaken your consistency, focus, discipline, or stewardship over time.

Examples include constant busyness, overworking, social media overload, noise and distractions, lack of structure, poor time management, chronic procrastination, entertainment dependency and neglecting rest.

- 1. What distractions consume most of your time and energy?**
- 2. Which disciplines suffer the most because of these distractions?**
- 3. Are there areas where you feel “busy” but not fruitful?**
- 4. What rhythms or systems would help restore intentional living?**

C. Subtle Attacks

Subtle attacks often affect your mindset, hope, identity, motivation, and emotional endurance.

Examples include discouragement, hopelessness, fear of failure, feeling inadequate, mental exhaustion, apathy, isolation, insecurity, doubt and quiet compromise.

- 1. What thoughts or emotions most often weaken your motivation or consistency?**
- 2. In what ways have discouragement or fear affected your habits?**
- 3. Where do you feel spiritually or emotionally tired?**

Part 5: Current Growth vs. Future Growth

Your Current Capacity

- 1. What areas of growth currently support your calling?**

- 2. What areas currently limit your ability to carry your calling well?**

- 3. Where are you spiritually mature?**

- 4. Where do you still need healing, growth, discipline, wisdom, or maturity?**

Future Growth Needed

- 1. What kind of person do you need to become to faithfully carry your calling?**

- 2. What habits must be cultivated to support that future version of you?**

- 3. What habits must be removed, reduced, or replaced?**

4. What practical skills or disciplines need development?

5. What spiritual growth is still needed?

Part 6: Protecting & Cultivating Habits That Support Purpose

1. Which habits consistently bring life, peace, clarity, discipline, and spiritual strength into your life?

2. Which habits consistently leave you distracted, weak, discouraged, or spiritually disconnected?

3. What boundaries need to be established to protect your growth?

4. What routines or rhythms could help you remain consistent?

5. What is one small habit you can begin strengthening this week?

Final Reflection

Walking in purpose is not just about receiving a calling from God.

It is also about becoming the kind of person who can faithfully sustain and carry that calling over time. And transformation is usually built in small daily decisions.

But through intentional habits, faithful stewardship, spiritual intimacy, and practical growth, God slowly increases our capacity for the things He has called us to do.

Final Questions

- 1. What is God currently teaching you through this season of growth?**

- 2. What is one thing you feel convicted to change, strengthen, or surrender?**

- 3. What habits do you believe God is asking you to protect more intentionally?**