

# Self-evaluation questions

*reflect on different aspects  
of your life while on vacation*

Vacations are great opportunities for moments of self reflection, with God's guidance to encourage and help you. Find some quiet, restful moments to reflect, thank God for what is going well.

Trying to cover all of these questions might be overwhelming; allow God to guide your thoughts toward just a few, specific areas of change and personal growth.

Here are several reflection questions that might serve as starters for you in your time with God.

## General questions

1. What is my take, my perspective on life these days? How am I satisfied, or dissatisfied?
2. What are some words that would describe me best these days? Would others agree, disagree? What words would they use to describe my personality, my state of mind lately?
3. How much time in my week is typically wasted on things that get me nowhere? What are they? Why do I keep putting so much time into them? How can I change that?
4. How dependable am I? Are there areas where I don't seem to be as dependable? Why?
5. When was the last time I tried something new?
6. Am I making some of the same mistakes over and over again in my life these days?
7. How important has the approval of others been to me lately?
8. Are there any habits that perhaps I should quit? If I tried and gave up before, why? What can I build into this to help make it work?
9. What seems to be my greatest fear(s)? Why is that? How are they affecting my life negatively?



## **My passions, work & rest**

10. What's my passion, my biggest dream for the future? How much am I ready to sacrifice for that dream?
11. Do I love my work? Am I using my God-given gifts and talents there?
12. Am I investing in the lives of those around me at work? Do they ever seem more like people to help me achieve my goals, rather than friends?
13. Do I have an area of personal ministry? Does it allow me to use my gifts and talents to make a kingdom difference?
14. Is this job I think God ultimately wants me in, or is it temporary? If it is temporary, how might I know if God is opening a new door?
15. Do I regularly have times in my life to decompress, have fun? What is it about those times that renews me? Is there anything missing in this area?
16. Do I honor the Sabbath and take a day off each week from work? How has it been helpful?

## **My spiritual life**

17. Where am I right now in my relationship with God?
18. What seem to be the greatest confusions in my life and relationship with God?
19. How am I doing with faithfulness in the daily, weekly spiritual practices I know are most beneficial to my family and me?
20. Where do I find myself resisting God these days? Why is that?
21. Are there any spiritual attacks I/my family have been under lately? List them, and why the enemy may be seeking to attack you in this area, and how those attacks might be broken with God's help.
22. How would I describe the commitment I have toward serving others? Serving the church? Is it a priority? Are there things I am doing that I should no longer be doing?
23. Is time in Scripture a priority to me? How can I use that time to most effectively deepen and bring to life my relationship with God?
24. Is time in prayer a priority to me? How can I use that time to most effectively deepen and bring to life my relationship with God?
25. What seems to be the focus of my prayers in the last month, year? Is that where they should be?

## **My relationships**

26. Am I spending quality relationship time with family and friends?  
What makes it good/lacking?
27. Which of my relationships fill me, drain me? What does God want me to see in that?
28. Have I allowed any person or circumstance to rob me of my joy lately? How might I fix that?
29. Are there any strained, broken relationships in my life right now? What is God asking of me regarding those? Do I lack the courage or humility to take the first step toward him/her?
30. How much time am I investing into the lives of those who do not yet follow Christ? Which relationships might I put more of my time, attention and prayers into?
31. What sorts of intentional relationships do I have? What individuals, small groups do I meet with weekly/biweekly to grow in my faith and other areas of my life?
32. (*if married/in a relationship*) How much of a priority has my partner been with my time, my affections? Are there unresolved problems or situations in the way of our relationship? How regularly do I pray for him/her, with him/her? If I were to do just one thing to be a better life's partner, what would it be?
33. (*if have kids*) How am I demonstrating lately the love of Christ and His grace to them? How often do I tell them about God and His love? How often am I showing them? If I were to do just one thing to be a better parent, what would it be?

## **My finances**

34. How would I describe my financial situation? What do I want to change, if anything? How?
35. Am I in a place that fully honors God? Why/why not?
36. Do I manage my money and financial affairs and records well? What is one key thing I could do differently that might reap the greatest benefits?
37. What about my/our financial picture brings me anxiety? Does God want me to release and trust this to Him? Does He want me to do something about it?
38. Am I adequately preparing for the future? What is missing?
39. Am I a generous, giving person? How might I stretch myself?

## **My health**

40. How satisfied am I with my energy, my fitness level? Are there any things I can reasonably be doing differently that can help me or prolong my quality of life?
41. What impact is stress having on my life? Where can I see its effects physically, emotionally?
42. Have I been taking care of my body lately through daily physical exercise? How can I reasonably push myself in the future?
43. How are my sleeping habits? How much sleep do I need? What lifestyle changes could lead to more healthy sleeping habits?
44. How are my eating habits? Do I eat a balanced diet, with adequate protein, fruits and vegetables and minimal sugar and sodium?
45. Am I living too much of my life in overload or crisis management mode? If so, for how long has this been going on?
46. Do I have a support system in my life to help me stay emotionally healthy and strong?
47. How would I describe my sexual life? Does it honor God? Does it frustrate or discourage me?

## **Closing questions**

48. What are the greatest areas of encouragement to me as I have done this personal reflection? What changes in my life in the last year can I thank God for His help and provision?
49. If I had to separate a few areas that I would most like to see personal growth, under God's direction, which would those be? Are my expectations realistic? Do I have others who can help and support me in these areas?
50. Are there other areas that I would like to do something about, but at another time? How might I pray about these for the future?

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*created by Pastor David Hillis*