

# HOLISTIC HEALTH ASSESSMENT:

Rate yourself on each of the following categories (1=Depleted, 10=Fantastic)

Identify depleted areas, and set goals to change them.

HEALTH FACTOR:	Rating (1-10)	EXPLANATION
Financial Health		Functional budget; Financial goals; Adequate Savings; No credit card debt <sup>1</sup>
Physical / Emotional Health		Healthy weight, Eating habits; Active lifestyle; Stressed & depressed or Up to the task <sup>2</sup>
Sexual Wholeness		Lust Free - Porn Free living; Commitment to Marital Covenant / Purity <sup>3</sup>
Marital Health		Consistent Date nights; functional Sex-life; Authentic & frequent dreaming-communication <sup>4</sup>
Spiritual / Devotional Life		Active Prayer life, Bible reading; Ownership in a ministry that charges you up. <sup>5</sup>
Friends / Church Community		Numerous passionate Christian friends, Mentors, Accountability-partners; Encouragers <sup>6</sup>
Sabbath - Pace of Life		Adequate rejuvenation time - Rest - Sleep - Hobbies - Personal growth time <sup>7</sup>
Vocational / Schooling Life		Career goals, Job-satisfaction, functional work-place relationships <sup>8</sup>
Family/Parenting		Healthy Relationships, Boundaries, Intentional connection, Common-interests <sup>9</sup>

## Footnotes:

1. Financial stress is one of the leading causes of marital failure. A lack of financial margin causes routine problems (like car repairs) to become a crisis. The average person experiences a major unexpected financial set-back every ten years (such as a job-loss or major medical cost). Thus, most experts recommend 3-6 months of yearly income to be set aside to achieve both financial peace and seize economic opportunities.
2. Over time, everyone experiences physical issues or emotional wounds. But if we proactively work on these issues, we can achieve a resilience to meet these demands.
3. Numerous major university studies show, people who are married to others who use porn are significantly more likely to experience depression, eating disorders, abuse and divorce. See <https://www.peterhaas.org/wp-content/uploads/2015/02/Pornography-EffectsOf.pdf>
4. Healthy marriages require constant conversations about roles, schedules, church-involvement, family obligations, sex, money, parenting, etc. A lack of communication and synchronization can be like a ticking time-bomb. So, healthy couples constantly put themselves into environments where conversations can occur (like counselling, church small groups) and romance and dreaming can thrive (like vacations apart from kids, relatives and hectic jobs).
5. People who spend time doing daily devotions experience significantly less anxiety and sick days than the general population. Therefore, do you have consistent spiritual disciplines that build you up? Also, people who volunteer weekly at their churches rate themselves 7 x's happier than Christians who don't. So, do you feel close to God and feel saturated with divine kingdom-purpose?
6. Intimate Christian friends have such a huge statistical impact on health that it was necessary to separate it from the "Spiritual/Devotional Life" metric. It is the single greatest predictor of both spiritual growth but church satisfaction as well. People with many Christian friends manage their time better, have higher academic achievements, and live significantly longer than the general population. See <https://www.peterhaas.org/the-jaw-dropping-benefits-of-church-attendance/>
7. It's been said, "the Sabbath commandment is what enables us to fulfill the other nine commandments." I.e., We need to live at such a pace where relationships can thrive, and new dreams can grow. Do you have adequate time to sleep, dream, journal, and process your life? If not, you're at a much greater risk of self-medicating through a long list of dysfunctional habits.
8. What are your vocational dreams? Are you expanding yourself? Are you stuck at a dead-end job with no hope of advancement? Do you have functional relationships with your boss/co-workers? Are your family and financial expectations truly in sync with your career?
9. How intentional are you about connecting with your family? (Eg., dinner times, shared hobbies, etc). Is the time you're spending with your kids adequate for transmitting your spiritual, social, and financial values? Are you spending enough time with your parents pulling wisdom and insight out of them to achieve your goals? Do you have common interests to nurture a mutually satisfying relationship?