



THE VERITAS INSTITUTE

LIFESTYLE EVALUATION QUIZ

1—Always 2—Very Often 3—Often 4—Sometimes 5—Seldom 6—Very Seldom 7—Never

- I worry or have some anxiety about my future. _____
- I feel finances are very complicated and each day is uncertain. _____
- I feel there is not enough time for both myself and my family. _____
- I feel I am failing those who depend on me the most. _____
- I feel I could have a much greater impact on my ministry. _____
- I feel my life is controlled by others and I feel out of control. _____
- I feel I am not becoming the person God intended me to be. _____
- I feel my future ministry goals are uncertain and “on hold”. _____
- I feel as if I am drowning in constant issues and circumstances. _____
- I am not certain I am living up to my “true potential”. _____

TOTAL: _____

Once you total the quiz check below for the category you fall in.

0-30: A lifestyle design plan is definitely needed and should be completed as soon as possible.

31-50: Lifestyle designing would vastly improve your current state of being.

50-70: Lifestyle designing may allow for certain specific goals to be accomplished.