

LIFE RHYTHM ASSESSMENT



A. Respond to each statement below according to the following scale:

- 3** = Consistently true of me
- 2** = Often or usually true of me
- 1** = Occasionally/sometimes true of me
- 0** = Not true of me

B. Transfer the numbers you gave for each statement to the grid at the bottom right of this assessment.

C. Total each column. The highest number identifies the life rhythm you lean into most.

- ___ 1. When my planning gets interrupted, it frustrates me.
- ___ 2. I think in longer blocks of time to connect and get things done.
- ___ 3. I find myself thinking deeply and enjoying where those thoughts seem to be leading me.
- ___ 4. It is satisfying when I can go to bed knowing I've completed my tasks.
- ___ 5. A day alone with God sounds amazing!
- ___ 6. I can be judgmental of others legalism.
- ___ 7. Repetition and routine add purpose to my life.
- ___ 8. Organizing and prioritizing multiple tasks is motivating to me.
- ___ 9. I enjoy creativity and spontaneity in my connection with God and with others.
- ___ 10. I think some people think I'm boring or rigid.
- ___ 11. I love filling out my calendar—calendars!
- ___ 12. Patterns and routines deflate and demotivate me.
- ___ 13. Being consistent and having a plan enhances my time with God.
- ___ 14. I tend to take on more than I can accomplish and underestimate the time required to complete a task.
- ___ 15. I make commitments with a clear end-date; unending or indefinite timelines drain me.
- ___ 16. I can be judgmental of others inconsistency.
- ___ 17. Living life is about checking off big achievements.

- ___ 18. I think some people think I am lazy and undisciplined.
- ___ 19. The words consistent, routine, familiar help me to function well.
- ___ 20. I can be judgmental of others lack of flexibility or lack of focus.
- ___ 21. If I can't see the bigger connection to life, I have a hard time engaging.



LIFE RHYTHM ASSESSMENT SCORING

Transfer the numbers from the assessment to the grid below. Total each column.

1.	2.	3.
4.	5.	6.
7.	8.	9.
10.	11.	12.
13.	14.	15.
16.	17.	18.
19.	20.	21.
TOTAL	TOTAL	TOTAL
A DAILY	B WEEKLY/ MONTHLY	C SEASONAL/ YEARLY