

The following quiz is designed to help you assess the strengths and weaknesses in your soul. As you reflect on these habits, remember, this is only for your own evaluation. Don't get down on yourself if you think your scores should be higher. This is a snapshot of where you are now. Growth and healing comes when we identify our weaknesses and create a plan of improvement. Action steps to improve each habit are discussed in The 7 Habits of Soul-healthy Singles. Check website for details on the next session at Victory Church.

	Strongly Agree									Strongly Disagree	Total Score
Measuring My Habit of Identity: The habit of seeking our identity through the reflection of Christ and not the opinions of man.											
My peace and confidence are not shaken, even when others disapprove of my actions or disagree with me.	1	2	3	4	5	6	7	8	9	10	
It doesn't bother me when others have unrealistic expectations of me. I aim to please God and if I have his approval, that's all that matters.	1	2	3	4	5	6	7	8	9	10	
My self-worth is centered in Christ. It's nice when others like me, but I don't change my behavior to gain the approval of others. My self-confidence is not based on what others think of me.	1	2	3	4	5	6	7	8	9	10	
I don't fear rejection.	1	2	3	4	5	6	7	8	9	10	
I'm comfortable expressing my opinion, even when it differs from those I'm with.	1	2	3	4	5	6	7	8	9	10	
I don't make decisions based on other people's expectations of me.	1	2	3	4	5	6	7	8	9	10	
I don't criticize my actions or devalue myself with negative self-talk.	1	2	3	4	5	6	7	8	9	10	
When critical thoughts threaten my inner dialogue, I realign my thoughts with truth from scriptures.	1	2	3	4	5	6	7	8	9	10	

I renew my mind daily by meditating on God's word	1	2	3	4	5	6	7	8	9	10	
I believe and accept compliments graciously	1	2	3	4	5	6	7	8	9	10	
I am comfortable being myself. I no longer try hard to make others like me.	1	2	3	4	5	6	7	8	9	10	
When I make mistakes, I learn from my error and move on. I refuse to allow self-condemnation to destroy my confidence.	1	2	3	4	5	6	7	8	9	10	
add the total of each column and total your score in the box at the end of the row											

<i>circle the response that most accurately reflects your behavior</i>	Strongly Agree									Strongly Disagree	Total Score
Measuring My Habit of Forgiveness: <i>The habit of ridding the soul of toxic waste by choosing to walk in forgiveness.</i>											
I have no issues in my life that I have not surrendered to Christ.	1	2	3	4	5	6	7	8	9	10	
There is no one I carry bitterness toward.	1	2	3	4	5	6	7	8	9	10	
I am not angry with God.	1	2	3	4	5	6	7	8	9	10	
I work hard to walk in forgiveness.	1	2	3	4	5	6	7	8	9	10	
I am not angry with myself.	1	2	3	4	5	6	7	8	9	10	
I am not ashamed of myself.											
I resolve my anger before I go to bed.	1	2	3	4	5	6	7	8	9	10	
I exercise self-control by holding my tongue when necessary.	1	2	3	4	5	6	7	8	9	10	
When my behavior disappoints me, I ask God to forgive me.											
When I recognize unresolved bitterness, I release it to God and ask for his help.											
I have learned the art of agreeing to disagree.	1	2	3	4	5	6	7	8	9	10	
When others are angry with me, I seek resolution even if I did nothing wrong.	1	2	3	4	5	6	7	8	9	10	
If someone or something makes me angry, I pray for the other person or situation and surrender my emotions to God so the offense does not consume my thoughts.	1	2	3	4	5	6	7	8	9	10	
add the total of each column and total your score in the box at the end of the row											

<i>circle the response that most accurately reflects your behavior</i>	Strongly Agree									Strongly Disagree	Total Score
Measuring My Habit of Imagination: The habit of maintaining a healthy thought life and ridding our minds of vain imaginations.											
No one can make me insecure. My confidence is completely centered on Christ.	1	2	3	4	5	6	7	8	9	10	
I never self-medicate with food, drugs or fun in order to avoid dealing with my issues.	1	2	3	4	5	6	7	8	9	10	
I control my thoughts. I don't give myself the freedom to think about whatever I want since I realize my thoughts dictate my emotions.	1	2	3	4	5	6	7	8	9	10	
I know how to encourage myself in the Lord.	1	2	3	4	5	6	7	8	9	10	
I use scripture to renew my mind.	1	2	3	4	5	6	7	8	9	10	
I refuse to let my circumstances drag me down.	1	2	3	4	5	6	7	8	9	10	
I know how to maintain my peace in the middle of difficulty.	1	2	3	4	5	6	7	8	9	10	
I can maintain my peace when others disagree with me.	1	2	3	4	5	6	7	8	9	10	
When I find myself comparing my looks, skills or character to others, I don't feel inferior because I don't measure up or prideful because I think I'm better. Rather, I resolve to be the best God has made me to be.	1	2	3	4	5	6	7	8	9	10	
Other people can't make me feel bad about myself, regardless of their opinion of me.	1	2	3	4	5	6	7	8	9	10	
add the total of each column and total your score in the box at the end of the row											

<i>circle the response that most accurately reflects your behavior</i>	Strongly Agree									Strongly Disagree	Total Score
Measuring My Habit of Prayer: The habit of conversing with God to seek direction and wisdom.											
I often listen to Christian music or media.	1	2	3	4	5	6	7	8	9	10	
My faith is increased as I hear God's Word through music or teaching.											
Whether it's through reading, meditating, preaching, teaching, dreams, prayer or worship, I hear God's voice.	1	2	3	4	5	6	7	8	9	10	
I have friends who pray for me.	1	2	3	4	5	6	7	8	9	10	
I feel refreshed after attending a worship experience or church service.	1	2	3	4	5	6	7	8	9	10	
When I read the Bible, I often get revelation.	1	2	3	4	5	6	7	8	9	10	
When I'm sad or discouraged, I have disciplined myself to pray, renew my mind, call a friend or get out of the house to refresh my perspective. I never just keep to myself until my mood passes because I realize isolation breeds misery.	1	2	3	4	5	6	7	8	9	10	
God's word is a huge comfort to me.	1	2	3	4	5	6	7	8	9	10	
When I'm struggling I pick out a relevant scripture and meditate on it.	1	2	3	4	5	6	7	8	9	10	
I have a consistent prayer life.	1	2	3	4	5	6	7	8	9	10	
I often listen to Christian radio and/or watch Christian TV. My faith is increased as I hear God's Word through music or teaching.	1	2	3	4	5	6	7	8	9	10	
add the total of each column and total your score in the box at the end of the row											

<i>circle the response that most accurately reflects your behavior</i>	Strongly Agree									Strongly Disagree	Total Score
Measuring My Habit of Resolve: <i>The habit of adding divine revelation to our human strength.</i>											
I never compromise my beliefs, even when others try to persuade or pressure me.	1	2	3	4	5	6	7	8	9	10	
I base my decisions on scripture truth, not what everyone else is doing.	1	2	3	4	5	6	7	8	9	10	
In areas where I've previously fallen into sin, I have put boundaries in place to protect my areas of vulnerability.	1	2	3	4	5	6	7	8	9	10	
I used to make the same mistakes over and over again, but I have learned how to fix my eyes straight ahead and walk in victory.	1	2	3	4	5	6	7	8	9	10	
Revelation of truth gives me power when I'm tempted to compromise.	1	2	3	4	5	6	7	8	9	10	
I am not easily persuaded by others opinions.	1	2	3	4	5	6	7	8	9	10	
I am not often lonely or bored. I refuse to give the enemy opportunity to tempt me.	1	2	3	4	5	6	7	8	9	10	
I often feel convicted when I sin.	1	2	3	4	5	6	7	8	9	10	
I set goals for myself.	1	2	3	4	5	6	7	8	9	10	
I accomplish my goals.	1	2	3	4	5	6	7	8	9	10	
add the total of each column and total your score in the box at the end of the row											

<i>circle the response that most accurately reflects your behavior</i>	Strongly Agree									Strongly Disagree	Total Score
Measuring My Habit of Accountability: The habit of protecting our will by providing adequate damage protection.											
I have people who know intimate details about my life.	1	2	3	4	5	6	7	8	9	10	
The Word of God is my standard in everything.	1	2	3	4	5	6	7	8	9	10	
When I make mistakes, I quickly admit them.	1	2	3	4	5	6	7	8	9	10	
I strive for complete honesty, even if it makes me uncomfortable to do so.	1	2	3	4	5	6	7	8	9	10	
I have at least three close friends.	1	2	3	4	5	6	7	8	9	10	
I have no unrepented sin in my life.	1	2	3	4	5	6	7	8	9	10	
I have friends who have permission to confront me if they see me putting myself in a compromising position or making wrong choices.	1	2	3	4	5	6	7	8	9	10	
When I need advice, I have Godly friends or mentors I rely on.	1	2	3	4	5	6	7	8	9	10	
I take responsibility for my choices, regardless of how others may have influenced me.	1	2	3	4	5	6	7	8	9	10	
I am not concerned about what others think of me. My confidence is in Christ.	1	2	3	4	5	6	7	8	9	10	
add the total of each column and total your score in the box at the end of the row											

<i>circle the response that most accurately reflects your behavior</i>	Strongly Agree									Strongly Disagree	Total Score
Measuring My Habit of Yes: The habit of surrendering our will and allowing God to lead and guide our lives.											
God's word gives me direction for my life.	1	2	3	4	5	6	7	8	9	10	
My relationship with God gives me confidence, even when life seems to take a detour.	1	2	3	4	5	6	7	8	9	10	
I pray and seek God's will on all major decisions.	1	2	3	4	5	6	7	8	9	10	
I can sense when God is using circumstances to guide his direction for my life.	1	2	3	4	5	6	7	8	9	10	
I would surrender something if God asked me to.	1	2	3	4	5	6	7	8	9	10	
When dealing with a difficult issue, I take necessary action and refuse to procrastinate.	1	2	3	4	5	6	7	8	9	10	
God's promises to me are real.	1	2	3	4	5	6	7	8	9	10	
I regularly feel God's presence.	1	2	3	4	5	6	7	8	9	10	
I know God's purpose for my life.	1	2	3	4	5	6	7	8	9	10	
I can discern the difference between God's voice and counterfeit guidance.	1	2	3	4	5	6	7	8	9	10	
add the total of each column and total your score in the box at the end of the row											