

# God, Relationships, Ourselves and World

## 99 Questions for Growth Coaching.



This is a Self-Audit with the intention to raise questions and perhaps create an internal dialogue leading to identifying key areas of your life with which to grow.

On a scale of 1-10, score each question relative to how much you agree with the statement. 1 means that this statement does not fit who you are and this is definitely an area for further investigation. While a 10 would indicate that you are very happy with this area of life.

Needs Attention	Happy and Comfortable	Strong Very secure
1	5	10

### God



1. My daily quiet time reflection is a time of Growth and inspiration \_\_\_\_\_
2. I allow time in my life to hear God \_\_\_\_\_
3. I know what makes worship meaningful to me and seek that out \_\_\_\_\_
4. I have integrated my faith into the rest of my life or my faith and life are seamless \_\_\_\_\_
5. I have mentors/role-models \_\_\_\_\_
6. I know what discipleship means for me \_\_\_\_\_
7. I know I am living God's purpose for my life \_\_\_\_\_
8. I live in awareness – present in each moment in time \_\_\_\_\_
9. I know I am serving God in the way he wants \_\_\_\_\_
10. I am clear on what my values are and live them out in my daily actions \_\_\_\_\_
11. I regularly stop and appreciate what is in my life \_\_\_\_\_
12. I give thanks daily for both the big and little blessings \_\_\_\_\_
13. I treat others as I want to be treated \_\_\_\_\_
14. My beliefs show in my daily life... I'm not afraid to be different \_\_\_\_\_
15. I regularly serve as part of my worship \_\_\_\_\_
16. I regularly donate anonymously \_\_\_\_\_
17. I can see God in beauty and pain \_\_\_\_\_
18. I find creative ways to experience God through Spiritual disciplines \_\_\_\_\_

### Relationships



19. I do not gossip or talk about others \_\_\_\_\_
20. I am part of a network that stimulates me intellectually and emotionally \_\_\_\_\_
21. I enjoy all the people I work with \_\_\_\_\_
22. I have made right, (apologised/forgiven) any past misunderstandings and \_\_\_\_\_

- problems with other people. —
23. I let my significant people know that I love and appreciate them. (parents, children, siblings, other relatives/special friends) —
24. I would have no apprehension putting all the people I mix with in the same room —
25. I get along well with my work colleagues —
26. I put people first and results second —
27. There is no-one I would dread or feel uncomfortable running across —
28. I enjoy meeting new people and making them feel appreciated —
29. I quickly correct any miscommunications or misunderstandings when they occur —
30. I do not judge or criticise others —
31. I do not take personally the things others say to me —
32. There is no-one in my life who drains my energy —
33. I have a circle of friends I truly enjoy —
34. I make time for important relationships in my life —
35. I am part of a network that stimulates me intellectually and emotionally —
36. I mostly enjoy my children —
37. I have good parenting skills, and continue to learn, appropriate to their age/stage —
38. I am a good role-model for my children —



### Ourselves

39. I eat nutritious food —
40. I participate regularly in exercise I enjoy —
41. I drink plenty of water each day —
42. I sleep well and wake refreshed —
43. I have a way to relax and remain stress free —
44. I am responsible about my health —
45. My weight is in the range that is best for me —
46. I am addiction free —
47. I have no habits that are unacceptable to me —
48. I have an abundance of energy —
49. I am aware of any physical problems or conditions I have and am fully talking care of them —
50. I am aware of any emotional problems or conditions I have and am fully talking care of them —
51. I have enough time space and freedom in my life —
52. I can ask for help when I need it —
53. I am sufficiently organised to be always on time —
54. I laugh out loud every day —
55. I celebrate and commemorate significant events in my life —
56. My choice of TV, books, movies and internet, informs, uplifts and inspires —
57. I take responsibility for my happiness —
58. I keep my word —
59. I recognise limiting and negative thoughts and move them on —
60. I have a rewarding life beyond my work and profession —
61. I am able to make friends —
62. I make time for the important relationships in my life —
63. I feel abundant in every area of my life... financially, love and friendships —

- 64. My work is fulfilling and nourishing —
- 65. I know what my values are and these are reflected in my work —
- 66. The product/philosophy/principles of my workplace are compatible with my values —
- 67. My work hours are reasonable and my energy is sustained —
- 68. My work environment enables me to be creative and focused —
- 69. I have no 'loose ends' at work —
- 70. My work environment is organised and clutter-free —
- 71. I am continually seeking learning —
- 72. I have daily habits that nourish me —
- 73. I invest time in personal growth —
- 74. I have a sort and meaningful mission statement/intent —
- 75. I follow the "Be/Do/Have" formula and focus on who I need to be in order to  
create the life I want —
- 76. I can name 10 things that bring me joy and joy is regularly in my life —
- 77. I recognise my creativity in everything I do —
- 78. I pay my bills on time —
- 79. I have addressed any outstanding debts —
- 80. I am current on any tax matters —
- 81. I have adequate insurances —
- 82. I am happy with my weekly money management and long term plans —
- 83. I have worked out the easiest and most convenient way to do my transactions —
- 84. I have a monthly savings plan —
- 85. My will is current and up to date —



## World

- 86. I regularly spend time outdoors —
- 87. My home has a good feel and energises me —
- 88. All who live in my home contribute to keeping it clean and tidy —
- 89. Nothing in my home or work environment harms me —
- 90. My animals and plants are healthy —
- 91. I recycle carefully —
- 92. I buy wisely being mindful of the environment and worker conditions —
- 93. I have NO clutter in my spaces – home/garage/shed/car/office (Clutter is anything  
unfinished, unused, unresolved, tolerated, disorganised) —
- 94. I inform myself and vote responsibly in local and national elections —
- 95. I know and am comfortable in my own culture —
- 96. I have participated in learning of the Treaty of Waitangi —
- 97. I continue to acknowledge and work on all prejudices —
- 98. I am open to learning about and accepting differences in our society —
- 99. I know what I believe on present day topical issues and why, (e.g. Civil Union,  
Foreshore and Seabed, violence in all its forms...) —

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