



THE PRESENT: Foundation Assessment Exercise

A life of significance is built from the inside out. Without a solid core, or foundation, from which to grow, a Halftimer's ability to make a sustainable difference in the world is minimized. Kingdom impact is exciting and scriptural, but a truly significant life is also balanced and fully integrated. This exercise will assess where you are right now in three important categories: your inside world, your surrounding world, and your outside world.

Score yourself (on the following page) for each of these factors on a scale from 1-10 (10 being you "feel great" about how things are going in that area.)

Then ask someone close to you, your spouse or dear friend to rate you as well. (10 being they feel you "couldn't be doing better" in a particular category.) You can print off extra Foundation Assessments from www.Halftimeinstitute.org/tools.

A. Your Inside World

- Personal Growth - To what extent are you learning and growing?
- Health - To the degree you can control it, how well are you managing your health?
- Marriage – If you are married, to what degree is your marriage thriving?
- Faith - To what degree are you connected with Jesus in a living, daily relationship?

B. Your Surrounding World

- Finances - How effectively have you, and are you, stewarding your finances?
- Parenting – If you are parents, to what degree are you connected with and leading your children and grandchildren?
- Career - To what degree has your career been successful and God-honoring?
- Friendships – Are you having fun with those with whom you enjoy shared interests?

C. Your Outside World

- Community Impact - To what degree are you making a positive, eternal impact in your local community?
- Global Impact - To what degree are you making a positive, eternal impact regionally, nationally and internationally?

After receiving your feedback, answer the questions on the last page of this document prior to your next coaching session.

Foundation Assessment

Community Impact
Self ____
Spouse ____
Friend ____

Finances
Self ____
Spouse ____
Friend ____

Personal Growth
Self ____
Spouse ____
Friend ____

Friendships
Self ____
Spouse ____
Friend ____

Faith
Self ____
Spouse ____
Friend ____

Health
Self ____
Spouse ____
Friend ____

Parenting/ Grand Parenting
Self ____
Spouse ____
Friend ____

Marriage
Self ____
Spouse ____
Friend ____

Career
Self ____
Spouse ____
Friend ____

Global Impact
Self ____
Spouse ____
Friend ____

Questions to discuss as you debrief The Foundation Assessment with Your Halftime Coach

1. What was difficult about doing this exercise?

2. Which area are you most motivated to work on? Why?

3. If you are married, how did your spouse react when you asked them to rate you? Why do you think they reacted that way? Based on that, what do you believe you should stop, start or continue doing in your marriage?

4. How did your friend react when you asked them to rate you? Why do you think they reacted that way? Based on that, are there some adjustments you think you need to make in your relationship with them or in your life in general?

Insight #1 from your Coaching Conversation

Insight #2 from your Coaching Conversation

What specific actions do you need to take (at the Head and/or Heart level) as a result of your Coaching Conversation?

- a. _____
- b. _____
- c. _____
- d. _____

