## 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.

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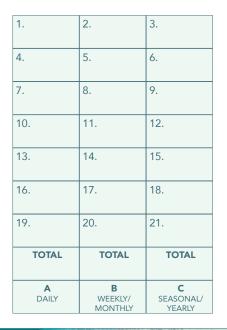
\_\_\_\_\_ 17. Living life is about checking off big achievements.

- \_\_ 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.

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## LIFE RHYTHM ASSESSMENT SCORING

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



Gwen Jackson, Unforced Rhythms: Why Daily Devotions Aren't for All of Us, Life Rhythm Assessment, Wesleyan Publishing House, 2017.