

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Resident Self-Assessment

We are grateful that you’ve joined us at God’s Resort. Your residency here indicates that you are willing to work toward having stability in your life. That work will not be easy, but it will be rewarding. In addition to safe, dignified, affordable housing, we will provide opportunities for you to live in a community that is interested in growing and connecting in healthy ways. Along with regular opportunities to meet together, God’s Resort will provide tools and resources in order to get your life on track. We encourage your participation!

We are committed to teaching ways of breaking the cycles that brought you here. That begins with an honest look at where you are today. In the following questions, there are no right or wrong answers. This isn’t a comparison or a contest. It is a honest look at your current situation. That is the starting point for recovery. When answered honestly, you will assist us in helping you plan a step by step program that can break the patterns that brought you here.

Your information, identified specifically to you, is held confidential between you and the God’s Resort Life Transitions Team. The information is used for assessing growth, setting goals, and planning your transition.

Please rate the areas below honestly:

 1 thru 4 means you are unsatisfied in this area

 5 thru 6 means improvement, but you could still use some work

 7 thru 10 means you are moving toward real stability

|  |  |  |
| --- | --- | --- |
| **I’m not satisfied** | **Making progress** | **This area of my life is becoming stable** |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |

1. **My Spirit** – I have an ever deepening relationship with God

I am growing spiritually \_\_\_\_\_

I participate in a faith or recovery community \_\_\_\_\_

I have a regular time of prayer and scripture reading \_\_\_\_\_

I serve others in our community \_\_\_\_\_

I have a spiritual leader \_\_\_\_\_

1. **My Relationships** – I am maintaining healthy relationships with others

I have several close friends \_\_\_\_\_

I am learning how not to isolate \_\_\_\_\_

I am learning how to set boundaries and say, “No.” \_\_\_\_\_

I can speak the truth with my friends \_\_\_\_\_

My friendships are built on trust, not suspicion \_\_\_\_\_

I attend Church \_\_\_\_\_\_\_\_ times a month.

I attend \_\_\_\_\_\_\_\_\_\_ God’s Resort meetings a week. (how many?)

I attend \_\_\_\_\_\_\_ recovery meetings a week.

I regularly attending ReFuel Prayer Yes \_\_\_\_\_ No \_\_\_\_\_

1. **My Basic Needs** – I am trusting God to supply my basic needs of food, clothing and shelter

I feel safe in my home \_\_\_\_\_

I have lived in the same place over one year \_\_\_\_\_

I never go hungry \_\_\_\_\_

My clothing needs are being met \_\_\_\_\_

I am moving toward home ownership \_\_\_\_\_

1. **My Body** – I am developing a lifestyle for good health

I eat a healthy diet \_\_\_\_\_

I have an annual dental exam \_\_\_\_\_

My Doctor knows my current health (Primary Care Physician) \_\_\_\_\_

I exercise regularly \_\_\_\_\_

I have health insurance and can afford my medication \_\_\_\_\_

I am tobacco free Yes \_\_\_\_\_\_ No\_\_\_\_\_ (# of packs a day \_\_\_\_\_\_ ) Desire to Quit? \_\_\_\_\_

1. **My Mind** – I am developing my mental abilities

I read regularly \_\_\_\_\_

I continue to learn (education) \_\_\_\_\_

I get a healthy amount of sleep/rest \_\_\_\_\_

I view less TV, computers, smart phones and the news \_\_\_\_\_

I get outside \_\_\_\_\_

1. **My Feelings**– I am in increasing control of my own emotions

I don’t carry resentments (learning to forgive) \_\_\_\_\_

I deal with my anger in healthy ways \_\_\_\_\_

I can label my feelings \_\_\_\_\_

I have people who I can talk to about how I feel \_\_\_\_\_

I can deal with stress/fear/ anxiety \_\_\_\_\_

1. **My Job** – I am becoming a better employee and coworker

I enjoy my work \_\_\_\_\_

I hold a steady job \_\_\_\_\_ How long? \_\_\_\_\_

My job pays the bills \_\_\_\_\_

I work well with others \_\_\_\_\_

I am a dependable employee \_\_\_\_\_

1. **My Money** – I am being freed from fear of financial insecurity

I have a budget that I stick to \_\_\_\_\_

I am not afraid of my financial situation \_\_\_\_\_

I have an Emergency Fund in the bank ($1000) \_\_\_\_\_

I am reducing debt \_\_\_\_\_

My credit score is improving \_\_\_\_\_

My initial debts was $\_\_\_\_\_\_\_\_\_\_ My current debt is $\_\_\_\_\_\_\_\_\_\_\_

My credit score is \_\_\_\_\_\_\_\_\_\_

1. **My Home** – I am learning to cherish and care for what God has given me

I treat my possessions with care \_\_\_\_\_

I can have company to my home without shame \_\_\_\_\_

I keep things in my home in good order \_\_\_\_\_

I can relax in my home \_\_\_\_\_

My home is free of negative influences \_\_\_\_\_



Resident Self-Assessment – Scoring

**My Spiritual Life**

|  |  |  |
| --- | --- | --- |
| **I’m not satisfied** | **Making Progress** | **This area of my life is becoming stable** |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |

**My Relationships**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |

**My Basic Needs**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |

**My Body (Health)**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |

**My Mind**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |

**My Feelings**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |

**My Job**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |

**My Money**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |

**My Home**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |