



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 _____

2. **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 _____

3. **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 _____

4. **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? _____

5. **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 _____

6. **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 _____

7. **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 _____

8. **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 _____

9. **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
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My Basic Needs

1	2	3	4	5	6	7	8	9	10
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My Body (Health)

1	2	3	4	5	6	7	8	9	10
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My Mind

1	2	3	4	5	6	7	8	9	10
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My Feelings

1	2	3	4	5	6	7	8	9	10
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My Job

1	2	3	4	5	6	7	8	9	10
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My Money

1	2	3	4	5	6	7	8	9	10
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My Home

1	2	3	4	5	6	7	8	9	10
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