



The Spiritual Professional Program

Linda Fields

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Welcome

The Spiritual Professional Program is a personal and business assessment. The idea behind this assessment is that by strengthening the accompanying 100 items in your life, you will get more of what you want.

Instructions

Start by checking the box preceding any of the 100 statements which are true for you. Then, add up your 'score' in each of the four areas.

Chart your score using the Progress Chart by coloring in the blocks, starting from the bottom up, in each column.

Then, over the next year, take the assessment several more times (at least quarterly) and update the chart.

Support

If you wish to accelerate your progress, why not work with a coach who has been trained in the program? Visit <http://www.truetribe.org/join> to enroll.

Progress Chart

	SG	EE	RI	PL
25				
24				
23				
22				
21				
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19				
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16				
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14				
13				
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2				
1				

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Spiritual Growth

- I read my Bible daily.
- I have a system for prayer to pray strategically (work, family, personal).
- I journal prayers and answers to prayer.
- I ask God how to go about my day, how He sees my clients and co workers, and treat Him as an active partner.
- I am developing a spiritual perspective of my practical daily life.
- When I pray, I also listen and take notes.
- Integrity is a standard in my life and work.
- I honor others I work with.
- I look for ways to show love to people.
- I fast as a spiritual discipline
- I schedule spiritual time to pray, study, and fast,
- I give of my time and finances to help others intentionally.
- I give to my church.
- I serve in my church or community with my skills and gifts.
- I have a savings plan.
- I have a giving plan for my finances.
- I produce lasting fruit.
- I pray about the future goals of my life and believe God hears me and is guiding and helping me.
- I ask forgiveness quickly when I become offended at God or others.
- I look for ways to keep a short account of wrongs.
- I have a stride for consistency in my spiritual life and work life.
- I live a holy life, free of habitual sin and strife, envy, and wrong doing.
- I look for the redemptive view of struggles and forgive quickly, learn lessons, and capture the gold nuggets.
- I am developing helpful mindset, beliefs and values to support my growth.
- I have key scriptures and prayers written out for my business and pray them regularly.

True _____ (25 Max)

Energy & Environment

- I rarely watch TV.
- I exercise regularly. (at least 3x week)
- My weight is within my ideal range.
- I get plenty of sleep (8 hrs.).
- I consistently plan vacation or off time.
- I eat nutritiously.
- My home surroundings are pleasant to me.
- My office is well organized and free of clutter.
- My vision and verse are posted visibly to me (see it every day.)
- I have a place for beginning each day in an intentional way.
- I am aware of physical or emotional problems and am taking care of them.
- I carefully choose to listen to or watch entertainment and teaching that is spiritually uplifting.
- My home is pleasing, my surroundings are peaceful, and I create an atmosphere where I have peace and joy.
- I have used colors, types of furniture, and technology that are conducive to a productive atmosphere for my work.
- I have energy to do the things I want to do.
- My clothing suits my purpose and is appropriate to advance my calling.
- My technology is up to date and serves my needs without holding me back.
- I know what types of activities and environments I am most productive in.
- I have specific well-suited spaces for different activities such as prayer, work, recreation, exercise.
- I have self awareness and manage my emotions well when encountering negativity.
- I have confidence in my skills to resolve conflict and exercise these skills wisely.
- My schedule suits my lifestyle and supports my business goals.
- My car is neat and clean and I can leverage time on the road for personal growth.
- I keep my work commitments when traveling.
- I regularly schedule leisure, vacation, and retreat.

True _____ (25 Max)

Relationships & Influence

- I have told my family I love them in the last week.
 - I get along well with my coworkers/clients.
 - There is no one I would dread or feel uncomfortable 'running across' (in the street, at the airport, at a gathering.)
 - I have an inner circle of friends who would approach me if I got off course.
 - I have communicated or attempted to communicate with everyone whom I have damaged, injured, or seriously upset.
 - I do not gossip or talk negatively about others.
 - I have a group of friends who know my vision and support me.
 - I tell the truth.
 - I have fully forgiven those people who have hurt/damaged me, intentionally or not.
 - I quickly correct misunderstandings when they occur.
 - I am a person of his/her word; people can count on me.
 - I am not needy looking to others to complete me.
 - I make requests rather than complain.
 - I develop meaningful networks of people.
 - I invest in other people organically sharing what I know and am good at.
 - I share my knowledge, connections, with my close network.
 - I can respond wisely in the moment rather than react from an emotional trigger.
 - I treat people the same when no one's looking as if everyone were looking.
 - I treat people well regardless of their station in life.
 - I connect with influential people who will expand my network intentionally.
 - I am apprenticing someone who is ready to learn.
 - I have a mentor I am learning from in a systematic way.
 - I participate in or lead a mastermind group.
 - I pray for my clients strategically and keep a prayer list for them.
 - I build healthy relationships and avoid creating dysfunction or codependency.
- # True _____ (25 Max)**

Personal Leadership

- I have a clear vision statement and easily and naturally share it in an attractive way.
 - Others are joining me in my vision and plan in a way that benefits others and benefits them.
 - I have a personal brand.
 - I am creating a reputation of excellence that distinguishes me in the marketplace.
 - I share my vision in 1 minute.
 - I use a Productivity tool that encompasses both the spiritual and professional.
 - I am an active listener.
 - I set aside time several times a year for and budget for development of my life goals.
 - I choose words that build up and avoid bashing others or using foul language.
 - I use a Personal Information Management Tool to organize important things and can easily retrieve what I'm looking for.
 - I have a current Life Plan with my goals, values, and actions for areas of my life.
 - I have a goal management system and use it each week.
 - I have chosen voices in my life that help me learn and make progress and screen out negative voices.
 - I have a vision to multiply my goals and vision beyond myself to family and community.
 - I have a plan to learn and develop the knowledge and skills needed to reach goals.
 - I share my dreams wisely.
 - I know where I want to be in 36 months and have a plan to make it happen.
 - I periodically take note of what I'm observing and learning in life and capture the lessons.
 - I know my weak spots and intentionally avoid putting myself in risky situations.
 - I am current in my field of expertise and know more than most.
 - I am developing new practices, expertise, and wisdom to shape my field.
 - I journal my major lessons of each quarter.
 - I have written a book with my understanding and expertise on a topic in my industry.
 - I am entering into greater influence by solving problems in my industry or field.
 - I share lessons learned in public platforms, (articles, panels, community groups,)
- # True _____ (25 Max)**