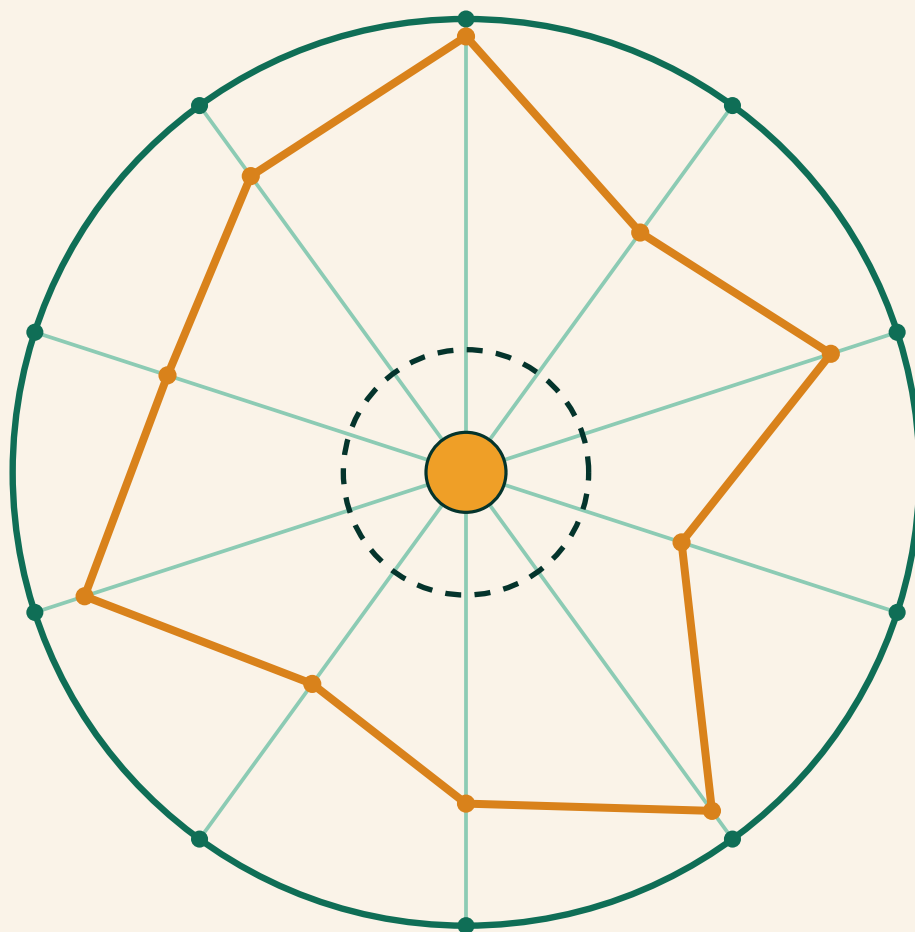




CENTERED *and* BALANCED

HOPE | HEALING | PURPOSE

Centered and Balanced

"Examine yourselves to see if your faith is genuine. Test yourselves..." — 2 Corinthians 13:5

Each question below is a spoke in a wheel. The hub of the wheel is Christ. Lower scores sit closer to the center; the goal of the Christian life is a tight, balanced circle drawn close around Him. You will answer 21 questions about yourself, then hand this to a trusted friend or spouse who will answer the same 21 questions about you.

LOVE GOD

Communion with God

LOVE NEIGHBOR

Community with Believers

GO: EVANGELISM

Co-Mission with the Spirit

How to answer — lower = closer to Christ

- 1 Fully describes me — living this out fully (Run · closest to center)
- 2 Very much describes me
- 3 This mostly describes me (Run zone · 1–3)
- 4 More often than not
- 5 Somewhat — still growing here (Walk zone · 4–6)
- 6 Inconsistently — still learning
- 7 Just beginning to engage this (Crawl zone · 7–10)
- 8 Rarely — significant room to grow
- 9 Almost never
- 10 Not yet — haven't started (furthest from center)

Let's get started

YOUR NAME

DATE

EMAIL

Love God

Communion with God · Questions 1–7

Q1 — Prayer

I prioritize time to regularly talk with God.

← Fully me Not yet →

1 2 3 4 5 6 7 8 9 10

Q2 — Surrender

There is nothing in my life that I have not surrendered or held back from God.

← Fully me Not yet →

1 2 3 4 5 6 7 8 9 10

Q3 — God's Will

I believe I know God's will for my life and am striving to fulfill it.

← Fully me Not yet →

1 2 3 4 5 6 7 8 9 10

Q4 — Scripture

God's Word influences me more than popular culture.

← Fully me Not yet →

1 2 3 4 5 6 7 8 9 10

Q5 — Self-Control

I am not easily triggered and slow to get angry.

← Fully me Not yet →

1 2 3 4 5 6 7 8 9 10

Q6 — Forgiveness

I do not keep score of wrongs done to me or others I love.

← Fully me Not yet →

1 2 3 4 5 6 7 8 9 10

Q7 — Healing

I actively seek God for healing in areas where sin or brokenness has impacted my life.

← Fully me Not yet →

1 2 3 4 5 6 7 8 9 10

Love Neighbor

Community with Believers · Questions 8–14

Q8 — Servant Heart

I am willing to do anything God asks me to serve someone else.

← Fully me Not yet →

1 2 3 4 5 6 7 8 9 10

Q9 — Humility

I have the attitude of Christ and consider others as more important than myself.

← Fully me Not yet →

1 2 3 4 5 6 7 8 9 10

Q10 — Reconciliation

There is nothing in my relationships that is currently unresolved.

← Fully me Not yet →

1 2 3 4 5 6 7 8 9 10

Q11 — Spiritual Gifts

I am currently serving others with the spiritual gifts and talents He has given me.

← Fully me Not yet →

1 2 3 4 5 6 7 8 9 10

Q12 — Enemy Love

I love and care for those who have betrayed me as I do my closest friends.

← Fully me Not yet →

1 2 3 4 5 6 7 8 9 10

Q13 — Generosity

I give of my resources and expect nothing in return.

← Fully me Not yet →

1 2 3 4 5 6 7 8 9 10

Q14 — Unity

I refuse to engage in gossip and instead protect unity in my relationships.

← Fully me Not yet →

1 2 3 4 5 6 7 8 9 10

Go: Evangelism

Co-Mission with the Holy Spirit · Questions 15–21

Q15 — Outreach

I look for opportunities to build relationships with those who do not know Jesus.

← Fully me 1 2 3 4 5 6 7 8 9 10 Not yet →

Q16 — Intercession

I regularly pray for those who don't know Jesus.

← Fully me 1 2 3 4 5 6 7 8 9 10 Not yet →

Q17 — Witness

I am confident in my ability to share my faith.

← Fully me 1 2 3 4 5 6 7 8 9 10 Not yet →

Q18 — Work as Witness

I view how I carry myself in the marketplace as a way to proclaim the gospel.

← Fully me 1 2 3 4 5 6 7 8 9 10 Not yet →

Q19 — Self-Denial

I understand what it means to regularly die to self.

← Fully me 1 2 3 4 5 6 7 8 9 10 Not yet →

Q20 — Community

I look for ways to love and serve people in my community outside of church.

← Fully me 1 2 3 4 5 6 7 8 9 10 Not yet →

Q21 — Gospel Sharing

I intentionally share the gospel through my words and actions.

← Fully me 1 2 3 4 5 6 7 8 9 10 Not yet →

Before You Hand It Over

We all have blind spots

No matter how sincere we are, none of us can fully see ourselves the way others see us — or the way God sees us. Blind spots aren't a sign of failure. They're a sign of being human.

The question isn't whether you have them. The question is whether you're humble enough to let someone help you find them. A trusted friend or spouse has watched your life up close. That kind of perspective is rare — and it's a gift worth receiving.

Feeling healthy can be its own risk

One of the quietest spiritual dangers is believing we are doing better than we actually are. A friend who loves you enough to be honest isn't a threat to your spiritual health. They're one of God's greatest tools for protecting it.

Receive it well

You invited this. When you sit down together to look at the results, your one job is to listen. You don't have to agree with everything. But resist the urge to explain, justify, or correct. If something stings, try this instead of pushing back:

"Help me understand — how did you come to that conclusion?"

*"The purposes of a person's heart are deep waters,
but one who has insight draws them out."*

— PROVERBS 20:5

When you're ready, hand this over to the friend or spouse you brought with you. They will answer the same 21 questions about you — honestly, prayerfully, and kindly — on the pages that follow.

FRIEND / SPOUSE NAME

Love God

Friend's perspective · Questions 1–7

Q1 — Prayer

This person prioritizes time to regularly talk with God.

← Fully them Not yet →

1 2 3 4 5 6 7 8 9 10

Q2 — Surrender

There is nothing in his/her life they have not surrendered to or held back from God.

← Fully them Not yet →

1 2 3 4 5 6 7 8 9 10

Q3 — God's Will

This person knows God's will for their life and is striving to fulfill it.

← Fully them Not yet →

1 2 3 4 5 6 7 8 9 10

Q4 — Scripture

God's Word influences him/her more than popular culture.

← Fully them Not yet →

1 2 3 4 5 6 7 8 9 10

Q5 — Self-Control

He/She is not easily triggered and slow to get angry.

← Fully them Not yet →

1 2 3 4 5 6 7 8 9 10

Q6 — Forgiveness

This person does not keep score of wrongs done to them or others they love.

← Fully them Not yet →

1 2 3 4 5 6 7 8 9 10

Q7 — Healing

He/she actively seeks God for healing in areas where sin or brokenness has impacted their life.

← Fully them Not yet →

1 2 3 4 5 6 7 8 9 10

Love Neighbor

Friend's perspective · Questions 8–14

Q8 — Servant Heart

This person is willing to do anything God asks them to serve someone else.

← Fully them Not yet →

1 2 3 4 5 6 7 8 9 10

Q9 — Humility

He/she has the attitude of Christ and considers others as more important than themselves.

← Fully them Not yet →

1 2 3 4 5 6 7 8 9 10

Q10 — Reconciliation

There is nothing in their relationships that is currently unresolved.

← Fully them Not yet →

1 2 3 4 5 6 7 8 9 10

Q11 — Spiritual Gifts

This person is currently serving others with the spiritual gifts and talents God has given them.

← Fully them Not yet →

1 2 3 4 5 6 7 8 9 10

Q12 — Enemy Love

He/she loves and cares for those who have betrayed them as they do their closest friends.

← Fully them Not yet →

1 2 3 4 5 6 7 8 9 10

Q13 — Generosity

This person gives of his/her resources and expects nothing in return.

← Fully them Not yet →

1 2 3 4 5 6 7 8 9 10

Q14 — Unity

He/she refuses to engage in gossip and instead protects unity in their relationships.

← Fully them Not yet →

1 2 3 4 5 6 7 8 9 10

Go: Evangelism

Friend's perspective · Questions 15–21

Q15 — Outreach

He/she looks for opportunities to build relationships with those who do not know Jesus.

← Fully them Not yet →

1 2 3 4 5 6 7 8 9 10

Q16 — Intercession

This person regularly prays for those who don't know Jesus.

← Fully them Not yet →

1 2 3 4 5 6 7 8 9 10

Q17 — Witness

He/she is confident in their ability to share their faith.

← Fully them Not yet →

1 2 3 4 5 6 7 8 9 10

Q18 — Work as Witness

This person carries themselves in the marketplace as a way to proclaim the gospel.

← Fully them Not yet →

1 2 3 4 5 6 7 8 9 10

Q19 — Self-Denial

He/she understands what it means to regularly die to self.

← Fully them Not yet →

1 2 3 4 5 6 7 8 9 10

Q20 — Community

This person looks for ways to love and serve people in the community outside of church.

← Fully them Not yet →

1 2 3 4 5 6 7 8 9 10

Q21 — Gospel Sharing

He/she intentionally shares the gospel through their words and actions.

← Fully them Not yet →

1 2 3 4 5 6 7 8 9 10

Combined Bullseye

Plot both sets of scores. Solid line = self · Dashed line = friend/spouse · Lower = closer to Christ



LOVE GOD

Self avg: _____

Friend avg: _____

LOVE NEIGHBOR

Self avg: _____

Friend avg: _____

GO: EVANGELISM

Self avg: _____

Friend avg: _____

What To Do Next

Four steps once you've seen your combined bullseye

1

Sit with it — don't react to it

Give yourself a day or two. Look at the spokes where your scores and your friend's are furthest apart, and ask God what He wants you to see there.

2

Have the conversation

Sit down together, unhurried, and walk through the results. Ask questions, not arguments. Remember: "Help me understand — how did you come to that conclusion?"

3

Pick one spoke and take a Crawl step

Don't fix everything. Choose the one spoke that feels most pressing and commit to one small step for the next 30 days. Small and consistent beats ambitious and abandoned.

4

Find a Spiritual Partner

Share your one focus area with someone and ask them to check in with you at the 30-day mark. Progress without accountability tends to stall.

Complete your registration and connect with a pastor:

alg.churchcenter.com/people/forms/1188000

Love God — Growth Steps

Communion with God · Find the spoke(s) you want to work on and choose a Crawl, Walk, or Run step.

QUESTION / SPOKE	CRAWL	WALK	RUN
Prayer I prioritize time to regularly talk with God.	Begin by dedicating a few minutes each day to quiet reflection or prayer. It could be as simple as expressing gratitude or seeking guidance.	Establish a daily routine for prayer or meditation. Find a time that works best for you — morning, lunch, or bedtime.	Step away from the noise of daily life and spend extended periods in contemplation. Allow silence to deepen your connection.
Surrender There is nothing in my life that I have not surrendered or held back from God.	Take an inventory of your life and note everything you have not surrendered to God. Share your results with a friend. How can you work on these things to surrender them to God?	Set up a plan for giving up one thing you have held back from God. You may need to ask a friend or spouse to hold you accountable.	Regularly fast from the things you have trouble surrendering to God. See the Suggestions section for fasting tips.
God's Will I believe I know God's will for my life and am striving to fulfill it.	Engage with Scripture and Prayer, asking God to renew your mind/thought processes according to His Word.	Connect with a spiritual mentor, pastor, or wise individual who can offer guidance. Discuss your understanding of God's will and seek their perspectives.	Take courageous steps to fulfill God's purpose. Be open to unexpected paths and opportunities. Trust that He will guide you.
Scripture God's Word influences me more than popular culture.	Meditate on a verse of Scripture on a daily basis. You may want to take some notes on what you have learned about God.	Set aside time to study God's Word on a daily basis. Pray and ask God for insight into His Word and how it can apply to your daily life.	Choose some Scriptures from your daily reading to memorize. Make it a priority to hide God's Word in your heart.
Self-Control I am not easily triggered and slow to get angry.	Evaluate your character. List the character traits that you feel may not resemble Jesus Christ.	Ask someone who knows you extremely well to evaluate your character traits in relation to those of Jesus Christ. Ask God to reveal how you can reflect His character more clearly.	Find a spiritual partner and establish a relationship of accountability.
Forgiveness I do not keep score of wrongs done to me or others I love.	During a crisis, thank God for all he has done for you and how he will help you grow through this trial. Share what you are learning with a friend or mentor.	Journal about your circumstances to see how God is working in and through them. Spend some time reminding yourself of his work by re-reading what you have written.	Minister to others through the pain you have experienced by joining ministries at church which specifically focus on meeting the needs of those who are struggling where you have struggled.
Healing I actively seek God for healing in areas where sin or brokenness has impacted my life.	Identify one area of brokenness and bring it to God in prayer this week. Tell Him you are ready to begin the healing process.	Share this area with a trusted spiritual partner or pastor and ask them to pray with you regularly for healing.	Join or start a ministry that helps others find healing in the areas where you have found freedom.

Love God — Resources & Ideas

Books, life-on-life practices, and practical suggestions

Recommended books

- How to Worship A King — Zach Neese
- Spiritual Leadership — J. Oswald Sanders
- E.M. Bounds on Prayer — E.M. Bounds
- The Air I Breathe: Worship As a Way of Life — Louie Giglio
- The Purpose Driven Life — Rick Warren (Days 8–14)
- Why Revival Tarries — Leonard Ravenhill

Life-on-life practices — for two or a few

- Read the same Gospel chapter each day; text each other one observation daily
- Pray out loud together every time you meet — simply, honestly, briefly
- Memorize the same verse each week and recite it to each other
- Choose one discipline a month to practice together (fasting, silence, sabbath) and debrief how it went

Digital resources

- How to Read the Bible video series — BibleProject (bibleproject.com)
- Prayer & Sabbath courses — Practicing the Way (practicingtheway.org)
- Lectio 365 — free daily prayer app from 24-7 Prayer
- Free reading plans — YouVersion Bible app (bible.com)

Practical suggestions

Practicing the Presence of God

Look for God in every detail of life. Think of Him as ever-present in every situation. Spend time speaking with Jesus as if He were right there with you throughout your day.

Fasting

Abstain from food (or something else that distracts you) in order to focus clearly on your relationship with God. Begin with something small like one meal. During the fast, commit that time to prayer, Bible study, and worship.

Journaling

Start a journal to record victories, struggles and review it annually to see how God has worked in your life over the past year.

Worship as a Lifestyle

See every action as a worship sacrifice to God. When you wake, thank Him for the day. Throughout the day, try to commit every word, thought, and action to Him.

Love Neighbor — Growth Steps

Community with Believers · Find the spoke(s) you want to work on and choose a Crawl, Walk, or Run step.

QUESTION / SPOKE	CRAWL	WALK	RUN
Servant Heart I am willing to do anything God asks me to serve someone else.	Identify one person in your life who could use help this week and quietly serve them without being asked.	Commit to a regular act of service — weekly or monthly — for someone in your community or church.	Explore a long-term serving commitment that requires sacrifice of your time, comfort, or resources.
Humility I have the attitude of Christ and consider others as more important than myself.	This week, let someone else go first — in conversation, in credit, in decisions. Notice how it feels.	Ask a trusted friend to give you honest feedback on areas where pride or self-focus might be showing up.	Intentionally practice putting others' needs above your own in a sustained, committed way over the next 90 days.
Reconciliation There is nothing in my relationships that is currently unresolved.	Pray for someone you have a conflict with. Make this a regular prayer that will move you toward reconciling the relationship.	Make it a point to seek forgiveness from or forgive someone you have a conflict with.	Mend a broken or hurting relationship in your life and seek to reconcile with that person.
Spiritual Gifts I am currently serving others with the spiritual gifts and talents He has given me.	Take a spiritual gifts assessment and identify your top gifts. Talk about the results with a spiritual partner.	Join a ministry or serving team at church that aligns with your gifts and strengths.	Lead or launch a ministry area where you deploy your spiritual gifts to build up the church and community.
Enemy Love I love and care for those who have betrayed me as I do my closest friends.	Pray for one person who has hurt or betrayed you. Ask God to soften your heart toward them.	Seek an opportunity to show a simple act of kindness toward someone who has wronged you.	Pursue genuine reconciliation and restoration of a broken relationship, trusting God with the outcome.
Generosity I give of my resources and expect nothing in return.	Write out how Christ has healed or used a painful experience in your life for God's glory.	Share with a friend or your Smaller Gathering how Christ has healed or used a painful experience for God's glory.	Share this painful experience with a pastor to see if there is a way to share your story to encourage and help others in the community or local church.
Unity I refuse to engage in gossip and instead protect unity in my relationships.	For one week, practice a "no gossip" rule with yourself. Before speaking about someone, ask: is this kind, true, and necessary?	When you hear gossip, gently redirect the conversation. Be a model of integrity in how you speak about others.	Commit to actively speaking words of affirmation and life over others in your community, building a culture of unity.

Love Neighbor — Resources & Ideas

Books, life-on-life practices, and practical suggestions

Recommended books

- Connecting — Larry Crabb
- Life Together — Dietrich Bonhoeffer
- The Call — Os Guinness
- Small Groups for the Rest of Us — Chris Surratt
- The Spirit of the Disciplines — Dallas Willard
- The Cost of Discipleship — Dietrich Bonhoeffer
- Multiply — Francis Chan
- Emotionally Healthy Spirituality — Peter Scazzero

Life-on-life practices — for two or a few

- Work through the “one another” commands — practice one each week, then tell each other how it went
- Share your full life stories over a meal — one gathering each
- Make confession and prayer for each other a regular rhythm (James 5:16)
- Serve someone together this month — quietly, without credit

Digital resources

- We Are Church studies — Francis Chan (wearechurch.com)
- Community practice course — Practicing the Way (practicingtheway.org)
- Justice & Generosity theme videos — BibleProject (bibleproject.com)
- One-another & community reading plans — YouVersion Bible app

Practical suggestions

Spiritual Partners

Search out a spiritual partner who will commit to meeting with you regularly. This needs to be a person with whom you can openly share your struggles, ask for prayer, discuss behaviors to change, and talk about general life issues.

On-The-Spot Prayer

The next time a person shares a need or concern with you, stop right there and ask if it is okay to pray for them. Make this a regular habit and watch what it does for the level of intimacy you have with the people around you.

Join or Start a Smaller Gathering

A Smaller Gathering is a few friends following Jesus to love and serve everyone, everywhere, everyday. Commit to support, encourage, and inspire each other to follow the teachings of Jesus and share His love with others.

Join a Ministry

Join an existing ministry that best fits your spiritual gifts, interests, passions, talents, abilities, personality type, and experiences.

Go: Evangelism — Growth Steps

Co-Mission with the Holy Spirit · Find the spoke(s) you want to work on and choose a Crawl, Walk, or Run step.

QUESTION / SPOKE	CRAWL	WALK	RUN
Outreach I look for opportunities to build relationships with those who do not know Jesus.	Ask God daily to open your eyes to one person near you who is far from Jesus, and begin praying for them by name.	Regularly pray that God will reveal someone in your path that you may share your faith with.	Be intentional to share your faith with someone in your sphere of influence who does not have faith in Jesus.
Intercession I regularly pray for those who don't know Jesus.	Make a list of areas in your community where people who may not have faith in Jesus Christ consistently gather. Prayerfully consider how you might engage.	Begin to frequent appropriate places in your community to engage with people who are not followers of Jesus.	Regularly host a "Matthew party" with your Smaller Gathering where you invite unbelievers over for dinner or a social event.
Witness I am confident in my ability to share my faith.	Identify names of unsaved people and pray daily for their salvation.	Ask your Smaller Gathering for names of people who do not know Jesus and hold each other accountable to share your faith with them.	Do a prayer walk through your community — walk the neighborhood, pray for people and specific needs you may be aware of.
Work as Witness I view how I carry myself in the marketplace as a way to proclaim the gospel.	Write out your testimony and share it with a friend.	Read the book of Acts with your spiritual partner, noticing how the gospel spreads through ordinary relationships.	Serve at a local event in the community to build relationships with others you may be able to share your faith with.
Self-Denial I understand what it means to regularly die to self.	Do a prayer walk in your community.	Connect with a mentor or spiritual coach to write out how the gospel has impacted your life. Practice sharing how Jesus continues to impact your life on a daily basis.	Spend 40 days in prayer and fasting, asking God to make you more sensitive to those who have never heard the gospel. As God softens your heart and doors are opened, share the gospel.
Community Service I look for ways to love and serve people in my community outside of church.	List out the qualities that you love about the community you live in.	Learn the challenges your community is facing and identify an area that God has broken your heart for. Consider how your spiritual gifts and skills may help bring hope.	Commit to addressing a specific challenge in your community in a way that leverages your spiritual gifts and talents to love and serve everyone, everywhere, every day.
Gospel Sharing I intentionally share the gospel through my words and actions.	Commit to one honest gospel conversation this week — it doesn't have to be polished, just genuine.	Share the gospel with someone through a specific act of service paired with an explanation of why you serve.	Explore serving on a short-term mission trip or committing to a sustained evangelism partnership in your community.

Go: Evangelism — Resources & Ideas

Books, life-on-life practices, and practical suggestions

Recommended books

- Discover Your Spiritual Gifts — C. Peter Wagner
- Turning Everyday Conversations into Gospel Conversations
- Tell Someone — Greg Laurie
- Habits of the Household — Justin Whitmel Earley

Life-on-life practices — for two or a few

- Each name 2–3 people far from Jesus; pray for them by name every time you meet
- Practice your 3-minute testimony on each other until it feels natural
- Prayer-walk each other's neighborhoods together
- Plan one shared table — invite someone who doesn't know Jesus to dinner

Digital resources

- Acts video series — BibleProject (bibleproject.com)
- Witness practice course — Practicing the Way (practicingtheway.org)
- Bless Every Home — free tool to pray for your neighbors by name (blesseveryhome.com)
- Evangelism reading plans — YouVersion Bible app

Practical suggestions

Be Ready to Care

Carry gift cards from a local grocery store, restaurant, or department store to give on the spot to those who have need. Buy an extra meal and share it with someone who needs it.

What's Your Style?

Sharing Christ can happen in many different ways. You may be more comfortable speaking directly to people about Jesus, or maybe it comes up naturally in conversation. Find your style and begin to share your faith with others.

Count Conversations

Instead of counting the number of people you have led to Christ, start counting the number of conversations you have with others about Jesus. It is the Holy Spirit who converts — all you have to do is talk about the Gospel.

Short-Term Mission

Choose to go on a short-term mission trip. Through these trips you get a better understanding of other people's need for Jesus and a better understanding of the heart of God.

Spiritual Health Plan

Turn your bullseye into action steps with a spiritual partner

NAME _____

DATE _____

I will share my plan with _____ who will be my spiritual partner to help me model my life after the rhythm of Jesus.

RHYTHM / SPOKE

WHAT ACTION STEPS WILL I TAKE?

HOW WILL MY SPIRITUAL PARTNER HELP ME?

WHAT PROGRESS HAVE I MADE?

Love God

Self score: _____

Friend score: _____

Love Neighbor

Self score: _____

Friend score: _____

Go: Evangelism

Self score: _____

Friend score: _____

Coaching Conversations

Hope alone is not a strategy. Use the following pages to have honest conversations with your spiritual partner at regular intervals — starting 30 days after you take the assessment, then every 60 days. The goal is not perfection but progress.

Suggested schedule: Day 30 • Day 60 • Day 120 • Day 180 • Day 240 • Day 300 • Day 360

1st Conversation — Day 30

Coaching conversation with your Spiritual Partner

DATE _____ SPIRITUAL PARTNER _____ RHYTHM FOCUS _____

*Before this conversation, review your Bullseye and your action steps from the last session.
Come ready to be honest, be encouraged, and be challenged.*

What challenges am I facing?

How have I seen God show up?

What adjustments do I need to make to keep moving forward?

What am I committing to do from today on?

"Let us consider how we may spur one another on toward love and good deeds."

— HEBREWS 10:24

2nd Conversation — Day 60

Coaching conversation with your Spiritual Partner

DATE _____ SPIRITUAL PARTNER _____ RHYTHM FOCUS _____

*Before this conversation, review your Bullseye and your action steps from the last session.
Come ready to be honest, be encouraged, and be challenged.*

What challenges am I facing?

How have I seen God show up?

What adjustments do I need to make to keep moving forward?

What am I committing to do from today on?

"Being confident of this, that he who began a good work in you will carry it on to completion."

— PHILIPPIANS 1:6

3rd Conversation — Day 120

Coaching conversation with your Spiritual Partner

DATE _____ SPIRITUAL PARTNER _____ RHYTHM FOCUS _____

*Before this conversation, review your Bullseye and your action steps from the last session.
Come ready to be honest, be encouraged, and be challenged.*

What challenges am I facing?

How have I seen God show up?

What adjustments do I need to make to keep moving forward?

What am I committing to do from today on?

"I can do all this through him who gives me strength."

— PHILIPPIANS 4:13

4th Conversation — Day 180

Coaching conversation with your Spiritual Partner

DATE _____ SPIRITUAL PARTNER _____ RHYTHM FOCUS _____

*Before this conversation, review your Bullseye and your action steps from the last session.
Come ready to be honest, be encouraged, and be challenged.*

What challenges am I facing?

How have I seen God show up?

What adjustments do I need to make to keep moving forward?

What am I committing to do from today on?

"Not that I have already obtained all this, or have already arrived at my goal, but I press on."

— PHILIPPIANS 3:12

5th Conversation — Day 240

Coaching conversation with your Spiritual Partner

DATE _____ SPIRITUAL PARTNER _____ RHYTHM FOCUS _____

*Before this conversation, review your Bullseye and your action steps from the last session.
Come ready to be honest, be encouraged, and be challenged.*

What challenges am I facing?

How have I seen God show up?

What adjustments do I need to make to keep moving forward?

What am I committing to do from today on?

"The Spirit helps us in our weakness."

— ROMANS 8:26

6th Conversation — Day 300

Coaching conversation with your Spiritual Partner

DATE _____ SPIRITUAL PARTNER _____ RHYTHM FOCUS _____

*Before this conversation, review your Bullseye and your action steps from the last session.
Come ready to be honest, be encouraged, and be challenged.*

What challenges am I facing?

How have I seen God show up?

What adjustments do I need to make to keep moving forward?

What am I committing to do from today on?

*"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not
give up."*

— GALATIANS 6:9

7th Conversation — Day 360

Coaching conversation with your Spiritual Partner

DATE _____ SPIRITUAL PARTNER _____ RHYTHM FOCUS _____

*Before this conversation, review your Bullseye and your action steps from the last session.
Come ready to be honest, be encouraged, and be challenged.*

What challenges am I facing?

How have I seen God show up?

What adjustments do I need to make to keep moving forward?

What am I committing to do from today on?

"He who began a good work in you will carry it on to completion until the day of Christ Jesus."

— PHILIPPIANS 1:6