



The Flourishing Life Assessment™

Discover where you are thriving and where to grow.



For Christian Moms Who Want to Move From Overwhelmed to Intentional

If you've been feeling exhausted, disconnected, or simply surviving the demands of everyday life, you're not alone.

This quick assessment will help you evaluate six key areas of a flourishing life so you can celebrate your strengths, identify opportunities for growth, and take your next step toward living with greater peace, purpose, and intention.

Instructions

Next Steps

Complete the statements in each step of The Flourishing Life Assessment. Use your ratings to identify areas where you are thriving and areas that may need further attention and growth. Consider discussing your results with a trusted friend, mentor, or spiritual advisor to gain further insights and support.

For each statement, rate yourself from 1–5.

- **1 = Never True**
- **2 = Rarely True**
- **3 = Sometimes True**
- **4 = Often True**
- **5 = Consistently True**

STEP 1

Recognize the Need

Am I surviving...or flourishing?

- ☐ I regularly pause to evaluate how I am doing emotionally and spiritually.
- ☐ I recognize when I am running on empty before reaching burnout.
- ☐ I know what is draining my energy.

- ☐ I make intentional choices instead of simply reacting to life.
- ☐ I believe God desires more than survival for my life.

Step 1 Total: _____ /25

STEP 2

Reconnect With God

Am I faithfully rooted?

- ☐ I spend consistent time with God through prayer and Scripture.
- ☐ I seek God's guidance before making important decisions.
- ☐ My faith influences my everyday life.
- ☐ I understand my identity in Christ.
- ☐ I experience God's peace even during difficult seasons.

Step 2 Total: _____ /25

STEP 3

Rediscover Purpose

Am I living intentionally?

- ☐ I know the gifts God has given me.
- ☐ I feel confident that my life has purpose in this season.
- ☐ I make decisions based on my values instead of comparison.
- ☐ I have a clear vision for the woman God is calling me to become.
- ☐ I believe motherhood is part of God's purpose—not the end of it.

Step 3 Total: _____ /25

STEP 4

Cultivate Personal Well-Being

Am I caring for myself as God intended?

- ☐ I make time for healthy rest.
- ☐ I establish boundaries without excessive guilt.
- ☐ I care for my physical health.
- ☐ I process my emotions in healthy ways.

- ☐ I have enough margin to enjoy my family instead of constantly rushing.

Step 4 Total: _____ /25

STEP 5

Create a Flourishing Home

Is my home marked by intention?

- ☐ Our home has rhythms that encourage peace rather than chaos.
- ☐ Faith is naturally woven into our family life.
- ☐ I intentionally create meaningful family traditions.
- ☐ My home feels welcoming and emotionally safe.
- ☐ I focus on connection more than perfection.

Step 5 Total: _____ /25

STEP 6

Nurture Meaningful Relationships

Am I deeply connected?

- ☐ I am emotionally present with my family.
- ☐ My marriage or closest relationships receive intentional attention.
- ☐ I communicate with grace during conflict.
- ☐ I invest in friendships that encourage my faith.
- ☐ The people I love know they are a priority.

Step 6 Total: _____ /25

Your Flourishing Score

Add your totals from each section.

Area	Score
Step 1	____ /25
Step 2	____ /25
Step 3	____ /25
Step 4	____ /25
Step 5	____ /25
Step 6	____ /25

Overall Score: _____ /150

What Your Score Means

126–150

Flourishing

You have built healthy rhythms in many areas of life. While no life is perfect, you are intentionally pursuing God, nurturing your relationships, and living with purpose. Continue strengthening the areas that need attention and encourage others along the way.

96–125

Growing

You're making progress, but a few areas need intentional focus. Small, consistent changes can produce significant transformation over time. God is inviting you to grow deeper—not strive harder.

66–95

Surviving

Life has likely become busy and overwhelming. You may feel pulled in many directions, leaving little room to care for your own heart. This assessment isn't about guilt—it's about awareness. Flourishing begins with one intentional step.

Below 66

Running on Empty

You've been carrying a heavy load, and it's understandable if you're exhausted. The good news is that God doesn't expect you to keep striving in your own strength. He invites you to rest, reconnect, and rebuild one faithful step at a time.

Reflection Questions

Spend a few minutes praying through these questions.

- Which area surprised me the most?
- Which step received my lowest score?
- Where do I sense God inviting me to grow?
- What is one small change I can make this week?
- Who can encourage and support me on this journey?

Write your thoughts below.

Your Next Step

The Flourishing Life Assessment™ is designed to reveal where you are today—but transformation happens through intentional action.

Inside **The Flourishing Life Framework**, you'll learn a simple, biblical six-step process to:

- Move from overwhelmed to intentional
- Rebuild consistent spiritual rhythms
- Rediscover your God-given purpose
- Create healthy habits without guilt
- Cultivate a peaceful, faith-filled home
- Strengthen the relationships that matter most

You don't have to keep surviving. God created you to flourish.

Plant on Purpose®

“Helping Christian mothers intentionally cultivate a flourishing life rooted in Christ—one that reflects faith, strengthens family, and leaves a lasting legacy.”

Visit us at www.sonyarstorey.com.