

GRIEF Challenges Assessment

Body

#	Body Challenges	No Issue	Challenged	Serious Shortfall
1	Drinking alcohol	1 2 3	4 5 6 7	8 9 10
2	Drug use	1 2 3	4 5 6 7	8 9 10
3	Eating healthy (timing, caloric intake, diet mix)	1 2 3	4 5 6 7	8 9 10
4	Drinking healthy (water and tea vs. soft drinks and coffee)	1 2 3	4 5 6 7	8 9 10
5	Sleeping well	1 2 3	4 5 6 7	8 9 10
6	Dietary supplements (vitamins, probiotics, etc.)			
7	Regular anaerobic exercise (daily weight lifting, yoga, etc)	1 2 3	4 5 6 7	8 9 10
8	Regular aerobic exercise (daily walking, running, biking, spinning, elliptical, etc).	1 2 3	4 5 6 7	8 9 10
9	Frequent / chronic illnesses	1 2 3	4 5 6 7	8 9 10
10	Reliance on prescription medicines	1 2 3	4 5 6 7	8 9 10
11	Weight / body mass	1 2 3	4 5 6 7	8 9 10

Total Body Score:

Mind

#	Mind Challenges	No Issue	Challenged	Serious Shortfall
1	Depression / Hopelessness	1 2 3	4 5 6 7	8 9 10

2	Anxiety	1 2 3	4 5 6 7	8 9 10
3	Anger / Outbursts	1 2 3	4 5 6 7	8 9 10
4	Self Esteem	1 2 3	4 5 6 7	8 9 10
5	Work and career (supportive of your journey and aligned to the new you)	1 2 3	4 5 6 7	8 9 10
6	Family relationships	1 2 3	4 5 6 7	8 9 10
7	Friend relationships	1 2 3	4 5 6 7	8 9 10
8	Partner relationships (dating and commitment)	1 2 3	4 5 6 7	8 9 10
9	Growth mindset (including consuming podcasts and books)	1 2 3	4 5 6 7	8 9 10
10	Fun and play	1 2 3	4 5 6 7	8 9 10
11	Meditation	1 2 3	4 5 6 7	8 9 10

Total Mind Score:

Spirit

#	Spirit Challenges	No Issue	Challenged	Serious Shortfall
1	Grace for yourself	1 2 3	4 5 6 7	8 9 10

2	Forgiveness of your sins	1 2 3	4 5 6 7	8 9 10
3	Forgiveness towards your loved one who passed	1 2 3	4 5 6 7	8 9 10
4	Forgiveness of others who have hurt you	1 2 3	4 5 6 7	8 9 10
5	Regular prayer and conversations with God	1 2 3	4 5 6 7	8 9 10
6	Believe God has a new plan for you	1 2 3	4 5 6 7	8 9 10
7	Regularly read the Word / Bible	1 2 3	4 5 6 7	8 9 10
8	Participate in regular Bible studies / spiritual peers	1 2 3	4 5 6 7	8 9 10
9	Leverage a spiritual mentor	1 2 3	4 5 6 7	8 9 10
10	Regularly attend church	1 2 3	4 5 6 7	8 9 10
11	Regularly serve the church / others in groups / charity	1 2 3	4 5 6 7	8 9 10

Total Spirit Score: