

## Relational Health Assessment

Area	Never 1	Seldom 2	Often 3	Most Times 4	Always 5	Total
I have healthy accountability.						
I have others who encourage me.						
I look for ways to encourage others.						
I ask for input from others.						
I have authentic relationships.						
I/We have good relationships with family.						
I/We do fun/relaxing activities w/ others.						
I/We do spiritual activities with others.						
I/We are involved in something missional.*						
I/We have a relationship with a neighbor.						
I/We are active with our church family.						
I am asked for my help.						
Total						

\* missional meaning serving those outside of the church

Totals will range from 12 to 60.