NAME: _____

5Fs

1. For each category, record one achievement and one area of growth. **IN THE RESPONSE BOX**

2. After completing the doc, set <u>two goals</u> for the next month in <u>two categories.</u>

1.

2.

WHY FOCUS ON THESE CATEGORIES?

FAITH: Matthew 22:37-39, 6:33

FAMILY & FRIENDS: Joshua 24:15, Psalm 127:1, Deuteronomy 6:7-9

FITNESS: 3 John 1:2, 1 Thessalonians 5:23, Romans 12:1-2

FACULTY: Colossians 3:23-24, 1 Peter 4:10-11

FINANCES: Matthew 6:19-21, Proverbs 11:24-25

THANK YOU TO ISI FOR LETTING US USE THEIR RESOURCES. THEISILIFE.COM

FAITH

<u>Review your progress:</u>

Praying	1 2 4 5	Fellowship	1 2 4 5
Reading	1 2 4 5	Response to temptation	1 2 4 5

<u>Reflect on the following:</u>

- How consistently are you reading?
- What scripture are you memorizing?
- Are you fasting?
- Are you sharing the Gospel?
- Are you caring for the poor / brokenhearted?
- Do you sabbath?
- Are you seeking time alone with God in silence and solitude?
- Are you attending church regularly?
- What temptations have you faced and how have you responded?

RESPONSE

FAMILY & FRIENDS

<u>Review your progress:</u>

Marriage	1 2 4 5	Relationships w/ friends	1 2 4 5
Parenting	1 2 4 5	Relationships w/ family	1 2 4 5

<u>Reflect on the following:</u>

- Are you discipling anyone? Are you being discipled?
- Have you been isolating yourself or seeking out community?
- Are you actively building, strengthening and repairing relationships with family and friends?
- Are you seeking out accountability?

RESPONSE

FITNESS

Review your progress:

Physical	1 2 4 5	Spirit	1 2 4 5	Sleep	1 2 4 5
Mind	1 2 4 5	Nutrition	1 2 4 5		

Reflect on the following:

- How is your mental and emotional well being?
- How is your physical well being? Are you eating healthy? Sleep? Exercise?
- What did you spend time watching and listening to that influenced your mind?
- What have you viewed or consumed that would be embarrassing for others to know?
- What has been occupying and worrying your mind?

RESPONSE

FACULTY

Review your progress:

Serving	1 2 4 5	Development	1 2 4 5
Fulfilled	1 2 4 5	Leadership	1 2 4 5

Reflect on the following:

- How have you been investing in your development (Gifts & talents)?
- Reading any books to grow? Seeking wisdom from those ahead of you?
- Have you stepped out as a leader in any way?
- Do you see your job as worship to the Lord? Are you working with excellence?
- Do your co-workers see God's nature and character in you?
- Have any business actions lacked integrity?

RESPONSE

FINANCES

Review your progress:

Giving	1 2 4 5	Spending	1 2 4 5
Saving	1 2 4 5	Budgeting	1 2 4 5

Reflect on the following:

- Do you see all your resources as belonging to the Lord?
- Are you sacrificially giving? Do you tithe?
- Do you follow a budget?
- Are you working to get out of debt (if you have debt)?
- Do you have a savings / retirement / investment account?

RESPONSE