

# The Power of Introspection

Introspection into ones life is truly the foundational trait of a growing and purposeful person. It takes evaluating ones life and being honest with oneself to truly see areas that need improvement or growth. The same is true of a growing and thriving marriage. Just as the first step to growing as an individual lies in evaluating, so is the first step to growing a marriage.

So we have two types of evaluations included in this exercise: one is for you to personally evaluate where you lie with regard to your own standards, expectations, and satisfaction; the other is for you to evaluate your marriage.

Rate yourself: 1 [low/unsatisfied] and 10[high/highly satisfied]

## How satisfied are you with these compartments of your life?

<b>Spiritual</b>	1	2	3	4	5	6	7	8	9	10
<b>Personal Growth</b>	1	2	3	4	5	6	7	8	9	10
<b>Marriage Relationship</b>	1	2	3	4	5	6	7	8	9	10
<b>Marital Intimacy</b>	1	2	3	4	5	6	7	8	9	10
<b>Marriage Impact</b>	1	2	3	4	5	6	7	8	9	10
<b>Family</b>	1	2	3	4	5	6	7	8	9	10
<b>Friendships</b>	1	2	3	4	5	6	7	8	9	10
<b>Church/Community</b>	1	2	3	4	5	6	7	8	9	10
<b>Health</b>	1	2	3	4	5	6	7	8	9	10
<b>Education</b>	1	2	3	4	5	6	7	8	9	10
<b>Financial</b>	1	2	3	4	5	6	7	8	9	10
<b>Career</b>	1	2	3	4	5	6	7	8	9	10
<b>Hobbies/Recreation</b>	1	2	3	4	5	6	7	8	9	10