**PERSONAL ASSESSMENT TOOL**

**QUARTERLY GROWTH ASSESSMENT (QGA) FORM**

**Name:**

**Department:**

**Period Covered:** **To:**

**Date:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **GRADING** | **V. POOR** | **POOR** | **AVERAGE** | **GOOD** | **EXCELLENT** |
|  | **(1)** | **(2)** | **(3)** | **(4)** | **(5)** |
| **THE CORE** (Development of Essence) |
| * Prayer
 | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  |
| * Personal Study of the Word
 | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  |
| * Meditation/Personal Reflections
 | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  |
| * Fasting
 | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  |
| * Fellowship (Community Meetings)
 | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  |
| * Hearing God
 | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  |
| * Obedience to God’s Word
 | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  |
| **Comment:** Note specific areas improved on within the period and the things you need to do differently going forward. |       |
| **SOCIAL LIFE** | **(1)** | **(2)** | **(3)** | **(4)** | **(5)** |
| * Community /People Group Hangouts
 | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  |
| * Family Hangouts
 | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  |
| * Friendships
 | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  |
| **Comment:** Note specific areas improved on within the period and the things you need to do differently going forward. |       |
| **PHYSICAL HEALTH/WELLNESS** | **(1)** | **(2)** | **(3)** | **(4)** | **(5)** |
| * Proper Diet
 | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  |
| * Physical Exercise
 | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  |
| * Rest/Relaxation
 | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  |
| **Comment:** Note specific areas improved on within the period and the things you need to do differently going forward. |       |
| **PERSONAL/CAREER DEVELOPMENT** | **(1)** | **(2)** | **(3)** | **(4)** | **(5)** |
| * Books/Articles
 | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  |
| * Training Courses/Conferences
 | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  |
| * Time Management
 | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  |
| * Volunteering
 | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  |
| * Professional Networking
 | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  |
| **Comment:** Note specific areas improved on within the period and the things you need to do differently going forward. |       |
| **INCOME/FINANCES** | **(1)** | **(2)** | **(3)** | **(4)** | **(5)** |
| * Savings
 | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  |
| * Spending
 | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  |
| * Extra stream of income
 | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  |
| * Investment
 | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  |
| * Giving
 | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  |
| **Comment:** Note specific areas improved on within the period and the things you need to do differently going forward. |       |
| **MINISTRY/PURPOSE** |  |  |  |  |  |
| * Soul Winning/Discipleship
 | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  |
| * Biological Family Impact
 | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  |
| * Kingdom Community Service
 | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  |
| * Social Impact
 | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  |
| **Comment:** Note specific areas improved on within the period and the things you need to do differently going forward. |       |
| **SCORE COMPUTATION:**  | **YTS-YOUR TOTAL SCORE | PTS-POSSIBLE TOTAL SCORE | PS-PERCENTAGE SCORE** (YTS x 100 ÷ PTS = PS) |
| **POSSIBLE TOTAL SCORE: 130** |
| **PERCENTAGE SCORE:** **OVERALL GRADE:** | 0-59%**V. Poor** | 60-69%**Poor** | 70-79%**Average** | 80-89%**Good** | 90-100%**Excellent** |
| **INSIGHTS/COMMENT FROM GROWTH GROUP MEMBERS** | **RECOMMENDATIONS BY THE LEADERSHIP** |
| **GOAL SETTING/PLANNING FOR NEXT QUARTER** |