**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** | | | | | | |