

V I S I O N

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FAITH **EXCHANGE**

Pastor Dan Stratton

1. WHERE AM I NOW?

Assess each area of your life according to these guidelines.

The areas of your life include 7 headings. There is a reason for the order.

Spiritual, Physical, Mental, Emotional, Social, Financial — Purpose.

On a scale of 1-10 give yourself an honest score as to your current level. (1 low and 10 high).

A. Spiritual

- i. Assess your prayer life
 - Praying for others
 - Praying petitions for self
 - Quiet time – listening for God
 - Keeping a prayer journal
 - Keeping a dream journal
- ii. Assess your study life
 - Reading the word
 - Listening to the word taught in faith
 - Writing the Red Letters
 - Keeping a study journal
- iii. Assess your church attendance
 - Do I have a Pastor that I am committed to?
 - Do I have believers that I spend time with for accountability?
 - How often do I physically go to church?
 - How often do I listen online?
 - How often do I watch church on television?
 - Do I serve in my church?
- iv. Assess your purposed Acts of kindness.
 - How often do I purposely show kindness?
 - How do I choose the people I show kindness to?
 - What is the difference between a purposed act of kindness and a random act of kindness?

B. Physical

- i. Assess your food intake for volume
- ii. Assess your food intake for quality
- iii. Assess your food intake for purposed regularity
- iv. Assess your water intake for volume
- v. Assess your water intake for quality
- vi. Assess your water intake for purposed regularity
- vii. Assess your sleep for amount of sleep
- viii. Assess your sleep for quality of sleep
- ix. Assess your sleep for purposed regularity

C. Mental

- i. What are you currently learning?
- ii. How many hours are you reading or studying in your purposed field of learning?
- iii. What is your commitment level to this learning?
- iv. Are you working towards a certification?
- v. Are you working towards true competence and proficiency?
- vi. List each area of learning individually. (Ex. Computer Skills, Spanish Language)

D. Emotional

- i. How anxious am I?
- ii. How often do I worry?
- iii. Do I cry for no reason? What am I sad about now?
- iv. Do I laugh enough? What makes me laugh?
- v. When I get low, how low do I get? Am I depressed?
- vi. What makes me happy? What am I happy about now?
- vii. How often do I feel numb?
- viii. What triggers sadness?
- ix. What triggers worry?
- x. What triggers anxiety?

E. Social

- i. Who are my friends?
 - Assess each friend individually.
 - How often do I speak with them?
 - Do I only call them when I need something?
 - Do we get together regularly on purpose?
 - Do I purpose my kindness toward them?
 - Do I purpose to thank them when they are kind to me?
- ii. Who is my family?
 - Assess each family member individually.
 - How often do I speak with them?
 - Do I only call them when I need something?
 - Do we get together regularly on purpose?
 - Do I purpose my kindness toward them?
 - Do I purpose to thank them when they are kind to me?
- iii. When I attend church, who do I speak with?
 - Write down the names of people you know at church.
 - Do I purpose to meet someone new each time?
 - Who do I want to invite to church?
- iv. When I attend church, who do I look forward to seeing?
- v. Do I engage my co-workers?
- vi. Am I involved in clubs or other social activities?
- vii. Who is my agreement partner?
- viii. Who am I closest to?
- ix. Who do I trust?

F. Financial

- i. Sources of income
 - Employment
 - Interest income
 - Investment income
- ii. Savings
- iii. Liabilities
 - Rent or mortgage
 - Utilities – water, electric, cable, phone
 - Debts – credit cards, personal debts, business debts
 - Transportation – cars, trains, airplanes,
 - Insurance – health, home, auto, life
 - Food
 - Clothes
 - Gym membership or other monthly payments – (Netflix, Amazon prime, other subscriptions)
- iv. Giving
 - Tithing – first ten percent (God opens heaven and rebukes the devoured on your behalf.)
 - Offerings – over and above the first ten percent. (This is your seed.). This is the 30, 60 and 100-fold return.
 - First Fruits – When you get a new source of income. Give the first amount received to the minister you are committed to. This sanctifies that source of income.
 - Giving to the Poor – God promises to pay this money back.
- v. Cash Flow
 - Cash flow is the money left over after you pay your bills (liabilities), pay yourself (save) and give.
 - When you move into real cash flow, things get fun and you can begin to use your money to remove burdens and destroy yokes. Money then becomes a kindness magnifier.
 - Always remember that a good man leaves an inheritance to his children's children.

G. Purpose

i. What is my purpose?

- What would I do if I knew I would succeed?
- What is stopping me? What is my obstacle?
- What is my next smallest doable step?
- What am I thankful for?
- What would a miracle look like?

ii. Apply these five questions to each of the seven areas when setting goals for 2020.

- What would I do – spiritually, physically, mentally, emotionally, socially, financially and towards my Purpose. (Your purpose is Why you are doing this.).
- What are my obstacles in all seven areas?
- What is my next smallest doable step in each area?
- What am I thankful for in each area?
- **What does a miracle look like in each area?**

2. AS A MAN THINKS IN HIS HEART SO IS HE. WHATSOEVER THINGS ARE LOVELY, PURE, VIRTUOUS OR OF A GOOD REPORT, THINK ON THESE THINGS.

- A. We Win, Let's Play!
- B. We are all called to do great things.
- C. No second-class citizens.
- D. Give yourself to your gift.
- E. Refuse to be offended.
- F. Speak well of one another.
- G. Don't quit people, but let them quit you.
- H. Everything we need is in Him.
- I. Teachers teach, but Fathers teach, love and stay.
- J. Make your supply fully available – Now.
- K. Encourage yourself.
- L. Forgive and be forgiven often.

3. SUMMARY INSTRUCTIONS

- TAKE YOUR TIME WITH EACH OF THESE SECTIONS.
- MAKE SURE YOU TAKE THE TIME TO HONESTLY ASSESS YOUR CURRENT SITUATION IN EACH AREA.
- DON'T SKIP ANY QUESTIONS. I HAVE LEFT SOME ROOM TO WRITE ON THIS DOCUMENT, BUT IT WOULD BE WISE IF YOU WOULD GET A NOTEBOOK AND GO THROUGH THESE STEPS THERE.

FINALLY, REMEMBER THIS IS YOUR LIFE. NO ONE CAN LIVE IT FOR YOU AND YOUR LIFE IS GOD'S GIFT TO YOU. TREASURE IT. VALUE IT. DEVELOP THAT LIFE IN YOU. ENJOY IT.

BELOVED ABOVE ALL THINGS I WISH THAT YOU PROSPER AND BE IN HEALTH EVEN AS YOUR SOUL PROSPERS.

MUCH LOVE — IN HIS SERVICE AND YOURS,

PASTOR DAN STRATTON



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