



THE ISI LIFE[®]

BIG 5 ASSESS -MENT

I R O N
S H A R P
P E N S
I R O N

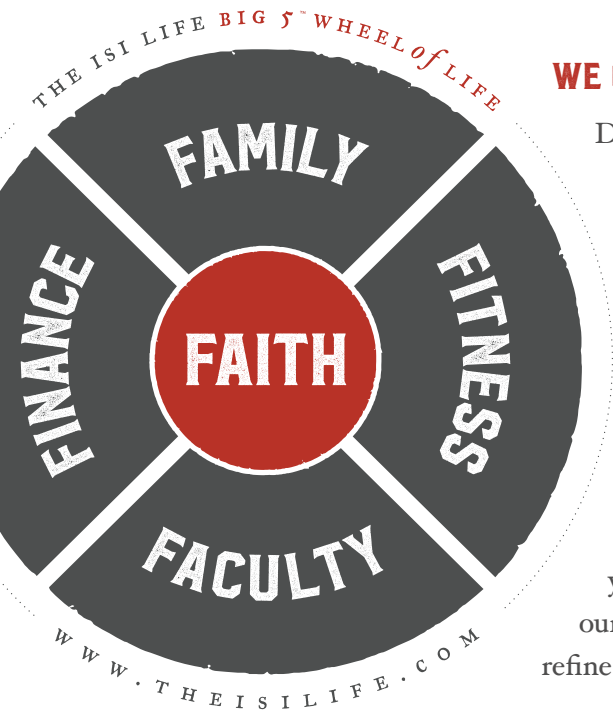
GET CLARITY ON YOUR PROGRESS IN THE BIG 5 AREAS OF LIFE:
Faith, Family, Faculty, Fitness & Finance

NAME:

DATE: MM / DD / YEAR

NOT TO BE BLUNT...BUT HOW "SHARP" OR "DULL" IS YOUR LIFE?

We aren't talking about measuring whether your life is "boring" or some "wild adventure." (It will be both at various times). Rather what we are focusing on here is assessing your effectiveness. Your impact. Your progress toward a better version of yourself.



WE GET IT LIFE CAN BE A GRIND.

Day-to-day life has a sneaky way of throwing each of us off course and keeping us distracted from what matters most. We often don't even realize it is happening. Like a slow dulling of a blade from prolonged use, you may wake up one day and wonder, how did I end up here? How can I get back on track?

WATCH OUT SPARKS MAY FLY.

This assessment was designed to wake us up and reflect on who we are becoming. Think of it like a grinder to help make you sharp once again. Sparks may fly. You may feel the heat. But our hope is that it guides you to make changes in your life that will refine you into the person you were crafted to be.

THIS IS THE ISI LIFE.

Like iron can sharpen another piece of iron, The ISI Life® exists to help others achieve excellence within the 5 disciplines of Faith, Family, Faculty, Finance & Fitness—with Faith at the center. We do not view this sharpening process as a one-time event, but instead a journey through the seasons of life.

YOU BE THE JUDGE.

No one is here to judge you, so go ahead and grade yourself truthfully. In fact, we use this assessment quite often to judge ourselves. It helps us identify our blind spots, celebrate our victories, and measure our growth. You'll only cheat yourself if you aren't 100% honest about where you stand today.

HOW TO USE THIS ASSESSMENT:

On the following pages, you will find the ISI Life™ reflection tool, which we use to assess our health in the 5 areas of life. As you use this tool, be sure to do the following:

REFLECT: Set aside 10–15 minutes alone in a space where you won't be distracted.

- A. GRADING:** Circle a 5 if you are doing great, and a 1 if it's an area that you are neglecting. There are no 3's since we don't want to be complacent and settle for mediocrity.
- B. ACHIEVEMENTS:** Regardless of your scoring, find 1 achievement for each area that you are really proud of. Whether you are reflecting on the prior month or prior quarter, what achievements are you proud of? Note the reason why too.

REVIEW: Assess your progress in the Big 5 areas of life.

REFINE: Complete this assessment every quarter (4x a year) and definitely take time to celebrate your achievements. These are no small feats! Also, for areas you still need work, make the necessary adjustments to get them back on track.

RESPOND: Let us know how it went! We'd love to hear what areas you are winning in and what steps you're taking to improve in those low areas. Please consider connecting with us at: isi@theisilife.com

ABOVE ALL ELSE REMEMBER THIS: Before you begin, keep in mind that we are all more flawed than we dare to believe, but more accepted than we ever would dare to hope. *So take heart and Stay Sharp!*

The ISI Life Team

ALL SET? READY. SET. GO! →

THE ISI LIFE™ REFLECTION // Q1 DATE: MM/DD/YR

REVIEW THE LIST AND GRADE YOUR PROGRESS IN THE BIG 5

FAITH

PRAYING 1 2 4 5
 READING 1 2 4 5
 SHARING 1 2 4 5
 FELLOWSHIP 1 2 4 5

FITNESS

PHYSICAL 1 2 4 5
 MIND/SPIRIT 1 2 4 5
 NUTRITION 1 2 4 5
 SLEEP 1 2 4 5

FACULTY

DEVELOPMENT 1 2 4 5
 FULFILLED 1 2 4 5
 SERVING 1 2 4 5
 LEADERSHIP 1 2 4 5

FINANCE

GIVING 1 2 4 5
 SAVING 1 2 4 5
 SPENDING 1 2 4 5

FAMILY

MARRIAGE 1 2 4 5
 PARENTING 1 2 4 5
 RELATIONSHIPS 1 2 4 5

ACHIEVEMENT

REASON WHY

FAITH

FAMILY

FACULTY

FITNESS

FINANCE

THE ISI LIFE™ REFLECTION // Q2 DATE: MM/DD/YR

REVIEW THE LIST AND GRADE YOUR PROGRESS IN THE BIG 5

FAITH

PRAYING 1 2 4 5
 READING 1 2 4 5
 SHARING 1 2 4 5
 FELLOWSHIP 1 2 4 5

FITNESS

PHYSICAL 1 2 4 5
 MIND/SPIRIT 1 2 4 5
 NUTRITION 1 2 4 5
 SLEEP 1 2 4 5

FACULTY

DEVELOPMENT 1 2 4 5
 FULFILLED 1 2 4 5
 SERVING 1 2 4 5
 LEADERSHIP 1 2 4 5

FINANCE

GIVING 1 2 4 5
 SAVING 1 2 4 5
 SPENDING 1 2 4 5

FAMILY

MARRIAGE 1 2 4 5
 PARENTING 1 2 4 5
 RELATIONSHIPS 1 2 4 5

ACHIEVEMENT

REASON WHY

FAITH

FAMILY

FACULTY

FITNESS

FINANCE

FAITH * FAMILY * FITNESS * FACULTY * FINANCE



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THE ISI LIFE™ REFLECTION // Q3 DATE: MM/DD/YR

REVIEW THE LIST AND GRADE YOUR PROGRESS IN THE BIG 5

FAITH

PRAYING 1 2 4 5
 READING 1 2 4 5
 SHARING 1 2 4 5
 FELLOWSHIP 1 2 4 5

FITNESS

PHYSICAL 1 2 4 5
 MIND/SPIRIT 1 2 4 5
 NUTRITION 1 2 4 5
 SLEEP 1 2 4 5

FACULTY

DEVELOPMENT 1 2 4 5
 FULFILLED 1 2 4 5
 SERVING 1 2 4 5
 LEADERSHIP 1 2 4 5

FINANCE

GIVING 1 2 4 5
 SAVING 1 2 4 5
 SPENDING 1 2 4 5

FAMILY

MARRIAGE 1 2 4 5
 PARENTING 1 2 4 5
 RELATIONSHIPS 1 2 4 5

ACHIEVEMENT

REASON WHY

FAITH

FAMILY

FACULTY

FITNESS

FINANCE

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“IRON SHARPENS IRON, AND ONE MAN SHARPENS ANOTHER.” — PROVERBS 27:17

THE ISI LIFE™ REFLECTION // Q4 DATE: MM/DD/YR

REVIEW THE LIST AND GRADE YOUR PROGRESS IN THE BIG 5

FAITH

PRAYING 1 2 4 5
 READING 1 2 4 5
 SHARING 1 2 4 5
 FELLOWSHIP 1 2 4 5

FITNESS

PHYSICAL 1 2 4 5
 MIND/SPIRIT 1 2 4 5
 NUTRITION 1 2 4 5
 SLEEP 1 2 4 5

FACULTY

DEVELOPMENT 1 2 4 5
 FULFILLED 1 2 4 5
 SERVING 1 2 4 5
 LEADERSHIP 1 2 4 5

FINANCE

GIVING 1 2 4 5
 SAVING 1 2 4 5
 SPENDING 1 2 4 5

FAMILY

MARRIAGE 1 2 4 5
 PARENTING 1 2 4 5
 RELATIONSHIPS 1 2 4 5

ACHIEVEMENT

REASON WHY

FAITH

FAMILY

FACULTY

FITNESS

FINANCE

FAITH ✱ FAMILY ✱ FITNESS ✱ FACULTY ✱ FINANCE



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WELL, HOW DID YOU DO?

If you graded yourself low in any area, consider joining in virtually to a FREE *Stay Sharp Saturday* to hear from a speaker who will teach on one of the Big 5 to help you improve. Watch for emails and instagram posts to find out who the next speaker is and their area of focus so you can plan accordingly.

HERE'S A TYPICAL SSS AGENDA:

- » 20 Minutes of Fellowship & Momentum Building
- » 20 Minutes of Speaker / Teaching on one of the Big 5 f's
- » 20 Minutes of Sharing / Closing Prayer

STAY SHARP™
— SATURDAYS —

7:30-8:30 ET // THE FIRST SATURDAY OF EVERY MONTH

zoom

[CLICK HERE TO REGISTER FOR FREE](#)



THEISILFE.COM