

Already Yours - Personal Reflection Assessment

(Four Invitations Self-Reflection Tool)

Instructions

For each statement, circle the response that feels most true most of the time — not what you think should be true, but what you honestly notice in yourself.

This is not a test. It is an invitation to awareness.

INVITATION ONE - Becoming Aware of What Has Shaped You

When stress rises, I tend to:

- A. React before I understand what is happening inside
- B. Notice tension but feel unsure what it connects to
- C. Recognize patterns that may relate to earlier experiences
- D. Remain aware of my responses without feeling defined by them

When I reflect on my past, I usually:

- A. Avoid thinking about it
- B. Feel overwhelmed by it
- C. Notice how it shaped my beliefs and habits
- D. Appreciate its influence without being bound by it

INVITATION TWO - Receiving What Is True

When something goes wrong, my first internal message is:

- A. Something must be wrong with me
- B. I need to fix this quickly
- C. I wonder what belief may be shaping this reaction
- D. This moment does not define who I am

When I encounter Scripture, prayer, or truth, I most often feel:

- A. Exposed or corrected
- B. Pressured to improve
- C. Gently invited to reconsider
- D. Grounded and safe receiving what is already true

INVITATION THREE - Living From What Is Already Yours

When I struggle or fail, I tend to:

- A. Question my worth
- B. Feel disappointed in myself
- C. Remind myself what is true about me in Christ
- D. Rest in belonging before anything changes

When I think about growth, it usually feels like:

- A. Something I must achieve
- B. Something I must maintain
- C. Something unfolding over time
- D. Something God is doing that I am learning to join

INVITATION FOUR - Return and Abide

When anxiety, pressure, or striving rises, I usually:

- A. Push harder
- B. Try to control outcomes
- C. Recognize that I am striving
- D. Gently return to trust

When I notice old patterns re-emerging, I:

- A. Feel defeated
- B. Try to suppress them
- C. Become aware of what may be underneath
- D. Bring them honestly to God without hiding

Reflecting on What You Notice

Count how many times you chose each letter:

A _____ B _____ C _____ D _____

There is no ideal score.

There is no wrong place to be.

Instead, consider what your responses suggest about where you may currently be living most often.

If Most of Your Responses Were A

Awareness Is Beginning

You may experience tension or struggle without yet seeing the patterns underneath. This is not failure. It is often the first moment awareness begins to widen.

If Most of Your Responses Were B

Effort Is Still Carrying Much of the Weight

You care deeply and are trying sincerely. Much of your energy may still be directed toward managing, correcting, or stabilizing. This stage often reflects genuine desire for growth, even when it feels tiring.

If Most of Your Responses Were C

Awareness Is Expanding

You are recognizing connections between beliefs, thoughts, and behaviors. Growth here often brings relief, humility, and increasing freedom as what once felt automatic becomes visible.

If Most of Your Responses Were D

You Are Learning to Live From Identity

You are increasingly relating to yourself and to God from trust rather than pressure. Growth feels less like striving and more like participation. Challenges may still arise, but they do not define you.

A Final Reminder

This assessment does not measure maturity.
It reveals posture.

The invitations remain open.

Growth is not measured by speed.
Growth is not measured by perfection.

Growth is measured by return.