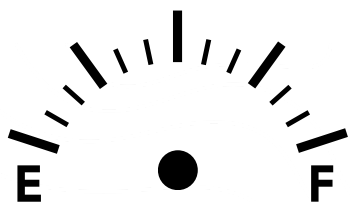


# RPMS GAUGES: CHECKING YOUR INTERIOR WORLD

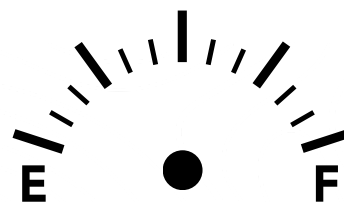
In prayerful reflection, consider each RPMS gauge question. Mark any question that raises a concern or needs further consideration. For each RPMS gauge, draw a line from the center of the gauge to reflect how "empty" or "full" you feel you are in this area. "Empty" equals you are inconsistent and running on fumes. "Full" equals you are consistent in healthy practices.

## RELATIONAL



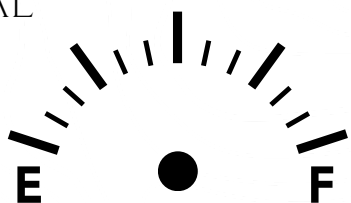
- Is my family getting the best parts of me?
- Do I have people in my life who "fill me up" relationally? Am I spending enough time with them?
- Does someone know my weaknesses and have permission to hold me accountable?
- Are there any conflicts in my relationships that I have not addressed?
- Am I having enough fun with friends?
- Do I have a mentor that I meet with regularly?
- Are my relationships with my coworkers healthy?

## PHYSICAL



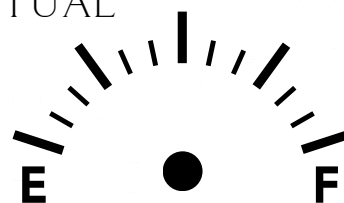
- Do I have healthy eating habits?
- Am I exercising regularly?
- Am I satisfied with my current level of physical fitness?
- Do I get enough sleep each night?
- Have I had a physical exam in the past year?
- Have I followed through with medical advice I've been given?
- Do I know what activities/practices help me relax? Am I setting aside adequate time for them?

## MENTAL



- How am I feeling right now? Can I answer that using feeling words?
- Do I have trusted people around me who know what I am feeling, and I can discuss it with them?
- What thoughts are dominating my mind?
- Are they drawing me closer to God or away from God?
- Do I exercise my curiosity enough?
- Have I read a book in the past 2 months for the purpose of growing my knowledge or understanding?
- Am I still dreaming about the future?

## SPIRITUAL



- Do I feel close to God?
- Is there any sin in my life that I need to confess?
- Do I know what spiritual practices keep my heart intimately connected to God? Am I protecting time for these practices in my daily/weekly schedule?
- Can I name an area of spiritual growth I am working on right now?
- Do I live in daily awareness that God loves me and extends grace to me?
- Is my identity rooted in God and not in my role in ministry?