THE CURRENT CONDITION OF MY HEART

A gentle inventory of what is flowing within and outward

Sometimes life looks fine on the outside while something within asks for attention. This HeartCheck invites you to notice your spiritual life, your mind and emotions, your relationships, and places where life may feel obstructed.

Adapted from the HeartScan in The Heart of a Well-Lived Life by David Snow. For women and men; for private reflection, not spiritual grading.

How to respond Circle the number that best describes what feels true right now. 5 Strongly true · 4 Often true · 3 Sometimes true · 2 Rarely true · 1 Not true of me.

You may leave an item unanswered. Only calculate totals if you complete all 20 statements.

01 / The Flow of the Heart (Spiritual Life)

01 I sense God's presence in my daily life, not just at church or in crisis.

STRONGLY TRUE (5) (4) (3) (2) (1) NOT TRUE

02 I regularly feel peace and gratitude flowing from my heart.

STRONGLY TRUE (5) (4) (3) (2) (1) NOT TRUE

03 I am quick to forgive and slow to take offense.

STRONGLY TRUE (5) (4) (3) (2) (1) NOT TRUE

04 I can bring my true thoughts and emotions to God without pretending.

STRONGLY TRUE (5) (4) (3) (2) (1) NOT TRUE

05 I feel spiritually alive, not just religiously active.

STRONGLY TRUE (5) (4) (3) (2) (1) NOT TRUE

SECTION SUBTOTAL: _____ / 25

THE FLOW THROUGH THE SOUL

Mind, will, and emotions

Notice your inner patterns without judging yourself. The goal is awareness: what are your thoughts, choices, desires, and emotions telling you?

02 / Mind, Will, and Emotions

06 My thoughts tend to be clear, not constantly cluttered or anxious.

STRONGLY TRUE 5 4 3 2 1 NOT TRUE

07 My emotions feel balanced, not bottled up, nor constantly overflowing.

STRONGLY TRUE 5 4 3 2 1 NOT TRUE

08 I make decisions with a sense of calm conviction, not constant second-guessing.

STRONGLY TRUE 5 4 3 2 1 NOT TRUE

09 My desires align with what I believe God wants for my life.

STRONGLY TRUE 5 4 3 2 1 NOT TRUE

10 I am aware of unhealthy patterns (fear, shame, pride, control) and work with God to change them.

STRONGLY TRUE 5 4 3 2 1 NOT TRUE

SECTION SUBTOTAL: _____ / 25

Notice: Which statement was hardest to answer? You can explore that on the reflection pages.

THE FLOW OUTWARD

Body, daily rhythms, and relationships

What is happening within us often becomes visible in the way we rest, communicate, make choices, and connect with others.

03 / Body and Relationships

11 My actions reflect what I truly value and believe.

STRONGLY TRUE 5 4 3 2 1 NOT TRUE

12 I have healthy rhythms of rest, work, and connection.

STRONGLY TRUE 5 4 3 2 1 NOT TRUE

13 My relationships feel authentic. I can love and be loved without wearing a mask.

STRONGLY TRUE 5 4 3 2 1 NOT TRUE

14 I'm able to speak the truth in love rather than avoid it or explode.

STRONGLY TRUE 5 4 3 2 1 NOT TRUE

15 I bring a sense of peace, not tension, into most environments.

STRONGLY TRUE 5 4 3 2 1 NOT TRUE

SECTION SUBTOTAL: _____ / 25

Notice: What do your relationships and everyday patterns reveal that you might otherwise overlook?

SIGNS OF CLOGS OR BLOCKAGES

These statements describe strain or resistance rather than freedom. The adjusted scores keep the direction of the overall scale consistent.

Reverse scoring: For questions 16-20, subtract the number you circled from 6 and record the adjusted score. For example, circling 2 gives 6 - 2 = 4.

04 / Signs of Clogs or Blockages

16 I often feel spiritually dry or emotionally disconnected.

STRONGLY TRUE (5) (4) (3) (2) (1) NOT TRUE

ADJUSTED SCORE: 6 - circled number = _____

17 I'm carrying unresolved hurt, guilt, or bitterness.

STRONGLY TRUE (5) (4) (3) (2) (1) NOT TRUE

ADJUSTED SCORE: 6 - circled number = _____

18 I feel pressure to perform for God or others instead of resting in grace.

STRONGLY TRUE (5) (4) (3) (2) (1) NOT TRUE

ADJUSTED SCORE: 6 - circled number = _____

19 I find it hard to quiet my inner world long enough to hear God's voice.

STRONGLY TRUE (5) (4) (3) (2) (1) NOT TRUE

ADJUSTED SCORE: 6 - circled number = _____

20 I feel stuck. I know more truth than I'm currently living.

STRONGLY TRUE (5) (4) (3) (2) (1) NOT TRUE

ADJUSTED SCORE: 6 - circled number = _____

ADJUSTED SUBTOTAL: _____ / 25

READING MY RESPONSES

A number can help you notice a pattern. It cannot tell the whole story of your heart or measure how much God loves you.

Your Score Summary

01	Heart / spiritual life	____ / 25
02	Soul / mind, will, emotions	____ / 25
03	Outward / body and relationships	____ / 25
04	Possible blockages (adjusted)	____ / 25

OVERALL TOTAL (IF ALL 20 ANSWERED) _____ / 100

Four Reflection Ranges

These ranges echo the original HeartScan categories, but they are not validated cutoffs or a spiritual diagnosis. Read them as gentle prompts, not verdicts.

85–100

Flow may feel fairly steady

Notice what nurtures connection, gratitude, and openness, even as you remain a work in progress.

70–84

Some flow; some resistance

Which one or two responses suggest an area worthy of attention, care, or conversation?

55–69

Flow may feel restricted

You may notice fatigue, tension, or protective patterns. What would help you approach them with gentleness?

20–54

Flow may feel heavily obstructed

A lower score is not spiritual failure. If you are carrying significant distress, consider trusted support.

WHAT IS MY HEART TELLING ME?

Blockage is not absence. Take these questions slowly. The purpose is not to explain away your responses, but to become curious about what they may reveal.

01

What surprised me?

Which responses felt easy, uncomfortable, or unexpected?

02

Where is the difference between knowing and experiencing?

When I think about the Father's love, what do I believe in my mind, and what do I actually experience within?

03

What might I be protecting?

Where do I notice fear, shame, striving, control, or an old promise to keep myself safe?

04

Where would I welcome more freedom?

What would it look like for peace, honesty, connection, or love to reach more of my everyday life?

A prayer for reflection: Lord, what are You showing me about the current condition of my heart and soul? What is one small, honest step I can take next?