

My Personal Love Assessment and Love Development Plan

The Love Assessment

	1	2	3	4	5
I am	Almost never	Rarely	Sometimes	Often	Very often
Patient					
Kind					
Supportive of others					
Trusting					
Hopeful					
Perseverant					
Joyful with the truth					
	1	2	3	4	5
I am	Very often	Often	Sometimes	Rarely	Almost never
Envious/Jealous					
Boastful					
Dishonoring of others					
Seeking to serve myself					
Easily angered					
Keeping record of wrongs					
Delighting in evil for others					

The Love Development Plan

Areas to work on	Actions to take
(ie. Patience)	(ie. Daily prayer for patience)

Resources to consider: Prayer, Prayer group, Holy Spirit, Daily devotions, Small groups, Bible reading, Bible study, Fasting, Meditation, Accountability partner, Journaling, Other ideas: _____