

HOPE

HEALTH ON PURPOSE EVERYDAY

This quick quiz is designed to help you reflect on how well you're living with HOPE—Health On Purpose Everyday. Answer honestly and see where you're thriving and where you might need a little encouragement.

For each question, give yourself a score from 1 to 5

1: Rarely or Never 2: Occasionally 3: Sometimes 4: Often 5: Always

- 1 — Do you intentionally set aside time to care for your physical health (e.g., exercise, movement, or rest)?
- 2 — Are you mindful about making food choices that nourish your body while allowing room for grace?
- 3 — Do you start your day with prayer or time in God's Word to center yourself spiritually?
- 4 — When faced with challenges, do you approach them with a mindset of faith and hope rather than fear or defeat?
- 5 — Do you actively celebrate small victories and progress in your health journey?
- 6 — Are you consistent in setting and working toward realistic health goals that honor God?
- 7 — Do you embrace movement or exercise as a joyful way to care for the body God has given you?
- 8 — When you make mistakes or fall short, do you give yourself grace and get back on track without guilt?
- 9 — Do you view your health journey as a way to honor God and steward the body He has entrusted to you?
- 10 — Are you living with purpose in your daily choices, focusing on progress over perfection?

— Your total score

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