



# TEN-MINUTE TRANSFORMATION

## Evaluation

### Overview

1. This inventory is tied directly to the book Ten Minute Transformation. It provides you an opportunity to reflect on the three areas of life which are covered in the book and which Jesus teaches on in his Sermon on the Mount: piety, people and possessions. The inventory uses a structure provided by long-time author Dallas Willard—you'll consider your vision for your life, your intention to grow towards that vision, and the specific means you are taking to move in that direction.
2. Take this self-evaluation prior to reading Ten Minute Transformation and/or participating in a TMT group. You'll find chapter designations after most of the items below. If you identify a weakness in one or more areas, spend especially focused time on those related chapters in the book.
3. You may wish to take this twice—once before the 40-day journey of Ten Minute Transformation and once after the journey. This may help you gain a sense of how God has worked in your life during those 40 days.

### Vision (see chapters 1-4, 41)

Check under a number on each statement 1 = not at all; 5 = definitely.

	1	2	3	4	5
I have a clear and compelling vision regarding what my piety should look like (my walk with God).					
I have a clear and compelling vision regarding what my possessions should look like (my use of stuff).					
I have a clear and compelling vision regarding what my people should look like (how I treat those around me).					

### Intention

Check under Yes, Maybe or No on each statement.

	Yes	Maybe	No
I have made an intentional and firm decision to pursue God's vision for my piety (the quality of my walk with God).			
I have made an intentional and firm decision to pursue God's vision for my possessions (how I use my stuff).			
I have made an intentional and firm decision to pursue God's vision for my people (the way I treat those around me).			

## Means

Check under a number on each statement 1 = not true; 2 = needs improvement; 3 = most of the time; 4 = consistently.

10-minute habit

1 2 3 4

I often spend time reflecting on my awareness of God and my obedience to God during the previous day. (See chapters 5-7)				
My prayers are enriched regularly through the use of Scripture. (See chapters 8-10)				
On many days I reflect on God's word in a way that connects directly with my daily life. (See chapters 11-13)				
Moments of intentional silence are an enjoyable and helpful part of my relationship with God. (See chapters 14-16)				

## People

10-minute habit

1 2 3 4

I often engage in acts of service for others without drawing attention to myself or expecting anything in return. (See chapters 17-19)				
I am aware of my blind spots and sinful tendencies in my interactions with others and regularly acknowledge these to God and to others. (See chapters 20-22)				
I am fully present with most people in my life and unhurried in my interactions with them. (See chapters 23-25)				
I spend time most days praying for specific individuals, including the "difficult" people in my life. (See chapters 26-28)				

## Possessions

10-minute habit

1 2 3 4

I regularly use my time, talents or treasures to make the people around me feel welcome and loved. (See chapters 29-31)				
During most days I am aware of God's loving presence. (See chapters 32-34)				
I take steps regularly to simplify and unclutter my life, my possessions, and my relationships. (See chapters 35-37)				
On most days I am a joyful and thankful person who easily expresses gratitude to God for what I have. (See chapters 38-40)				