



FORTRESS OF INTEGRITY

MAINTAINING OUR SPIRITUAL, EMOTIONAL,
MENTAL, FINANCIAL, RELATIONAL, AND PHYSICAL INTEGRITY.



SPIRITUAL



MENTAL



EMOTIONAL



FINANCIAL



RELATIONAL



PHYSICAL

PRINTABLE WORKBOOK

THE FORTRESS ASSESSMENT

Level 1 | Self-Guided

A clear, honest look at the present condition of six interconnected areas of life - and one intentional place to begin.

30 STATEMENTS / 6 PILLARS / 5-PART LENS

Condition > Pattern > Priority

What Condition Is Your Fortress In?

ABOUT 10-15 MINUTES

This assessment contains 30 statements across the six pillars of Fortress of Integrity. For each statement, choose the response that most accurately reflects your life as it is today - not where you think you should be or hope to be.

How to answer

Circle one number for each statement. At the end of each pillar, add your five ratings.

1

2

3

4

5

1 = Strongly Disagree

5 = Strongly Agree

The six areas of your fortress

Financial

Relationships

Mental

Physical

Spiritual

Emotional

The same five-part lens appears in every pillar

AWARENESS

MAINTENANCE

RESILIENCE

INTENTIONALITY

DIRECTION

How pillar scores are read

21-25

Strong

A source of strength and stability. Maintain it intentionally.

16-20

Stable

A workable foundation, with specific areas that may be worth strengthening.

11-15

Needs Attention

This pillar may be creating strain or not receiving the attention it needs.

5-10

Under Pressure

This pillar deserves closer attention and may be an important place to begin.

There are no perfect results. This is a starting point for clear, honest self-reflection.

Financial

CIRCLE ONE RESPONSE PER STATEMENT

Your Financial pillar reflects how clearly and intentionally you understand, manage, prepare for, and direct the resources entrusted to you.

1 = Strongly Disagree

5 = Strongly Agree

1. AWARENESS

I have a clear understanding of my current financial situation, including my income, expenses, debts, savings, and major financial obligations.

1 2 3 4 5

CIRCLE ONE

2. MAINTENANCE

I consistently manage my regular spending, financial obligations, saving, and debt in ways that generally reflect my priorities.

1 2 3 4 5

CIRCLE ONE

3. RESILIENCE

I have enough financial margin, resources, or a realistic plan for building them to better handle unexpected expenses, income disruptions, or changes in circumstances.

1 2 3 4 5

CIRCLE ONE

4. INTENTIONALITY

I actively plan and prepare for future financial needs rather than relying primarily on things working themselves out.

1 2 3 4 5

CIRCLE ONE

5. DIRECTION

The financial decisions I am making today are moving me toward the life I want to build.

1 2 3 4 5

CIRCLE ONE

Your Financial Score

Add the five ratings you selected:

___ + ___ + ___ + ___ + ___ = ___ / 25

☐ 21-25 Strong

☐ 16-20 Stable

☐ 11-15 Needs Attention

☐ 5-10 Under Pressure

Record your Financial score: ___ / 25

Relationships

CIRCLE ONE RESPONSE PER STATEMENT

Your Relationships pillar reflects the quality, health, and intentionality of the relationships that matter most, including how you communicate, maintain connection, handle strain, and contribute to the relationships you are building.

1 = Strongly Disagree

5 = Strongly Agree

1. AWARENESS

I have a realistic understanding of the health of my important relationships, including where connection is strong, where strain exists, and how my own behavior contributes.

1 2 3 4 5

CIRCLE ONE

2. MAINTENANCE

I consistently invest time, attention, and care in the relationships that matter most to me.

1 2 3 4 5

CIRCLE ONE

3. RESILIENCE

When conflict, disappointment, or change affects an important relationship, I can address it constructively and work toward repair or healthy adjustment when appropriate.

1 2 3 4 5

CIRCLE ONE

4. INTENTIONALITY

I make deliberate choices about the boundaries, expectations, and commitments I bring to my relationships rather than simply reacting to circumstances or unhealthy patterns.

1 2 3 4 5

CIRCLE ONE

5. DIRECTION

The relationships I am cultivating, and the way I show up in them, are helping me build the kind of relational life I want for my future.

1 2 3 4 5

CIRCLE ONE

Your Relationships Score

Add the five ratings you selected:

___ + ___ + ___ + ___ + ___ = ___ / 25

☐ 21-25 Strong

☐ 16-20 Stable

☐ 11-15 Needs Attention

☐ 5-10 Under Pressure

Record your Relationships score: ___ / 25

Your Mental pillar reflects how intentionally you develop your thinking, judgment, knowledge, and ability to adapt, including what influences your mind and how you respond to challenges.

1 = Strongly Disagree

5 = Strongly Agree

1. AWARENESS

I recognize the thoughts, beliefs, habits, and mental patterns that influence how I respond to challenges and make decisions.

1 2 3 4 5

CIRCLE ONE

2. MAINTENANCE

I regularly engage in activities that strengthen my thinking, expand my understanding, challenge my assumptions, or help me develop new skills.

1 2 3 4 5

CIRCLE ONE

3. RESILIENCE

When I experience setbacks, uncertainty, or difficult circumstances, I can adapt my thinking and continue moving forward.

1 2 3 4 5

CIRCLE ONE

4. INTENTIONALITY

I am intentional about what I allow to influence my thinking, including the information, media, conversations, and ideas I regularly consume.

1 2 3 4 5

CIRCLE ONE

5. DIRECTION

The way I am developing my thinking, knowledge, judgment, and abilities is helping prepare me for the person I want to become and the life I want to build.

1 2 3 4 5

CIRCLE ONE

Your Mental Score

Add the five ratings you selected:

___ + ___ + ___ + ___ + ___ = ___ / 25

☐ 21-25 Strong

☐ 16-20 Stable

☐ 11-15 Needs Attention

☐ 5-10 Under Pressure

Record your Mental score: ___ / 25

Physical

CIRCLE ONE RESPONSE PER STATEMENT

Your Physical pillar reflects how consistently you care for your body, energy, health, and recovery through the habits and choices that support your everyday capacity.

1 = Strongly Disagree

5 = Strongly Agree

1. AWARENESS

I have a realistic understanding of my current physical condition, including the habits and behaviors that are helping or hurting my health and energy.

1 2 3 4 5

CIRCLE ONE

2. MAINTENANCE

I consistently take meaningful action to care for my body through areas such as movement, nutrition, sleep, recovery, and appropriate preventive care.

1 2 3 4 5

CIRCLE ONE

3. RESILIENCE

My physical health and habits give me enough energy, strength, and capacity to handle everyday demands and recover when stress, illness, or disruptions affect my normal routine.

1 2 3 4 5

CIRCLE ONE

4. INTENTIONALITY

I make deliberate choices about my physical health rather than allowing convenience, stress, or unhealthy habits to make those choices for me.

1 2 3 4 5

CIRCLE ONE

5. DIRECTION

The way I care for my body today is helping me build the health and physical capability I want for my future.

1 2 3 4 5

CIRCLE ONE

Your Physical Score

Add the five ratings you selected:

___ + ___ + ___ + ___ + ___ = ___ / 25

☐ 21-25 Strong

☐ 16-20 Stable

☐ 11-15 Needs Attention

☐ 5-10 Under Pressure

Record your Physical score: ___ / 25

Spiritual

CIRCLE ONE RESPONSE PER STATEMENT

Your Spiritual pillar reflects the beliefs, values, practices, and convictions that shape your sense of meaning, guide your choices, and help provide direction through different seasons of life.

1 = Strongly Disagree

5 = Strongly Agree

1. AWARENESS

I have a clear and growing understanding of my spiritual beliefs, values, and convictions and how they influence the way I live.

1 2 3 4 5

CIRCLE ONE

2. MAINTENANCE

I regularly make time for practices that strengthen my spiritual life, such as prayer, reflection, worship, study, meditation, or other meaningful spiritual disciplines.

1 2 3 4 5

CIRCLE ONE

3. RESILIENCE

During difficult or uncertain seasons, my spiritual foundation provides perspective, strength, hope, or guidance that helps me continue forward.

1 2 3 4 5

CIRCLE ONE

4. INTENTIONALITY

I deliberately consider my spiritual beliefs, values, and convictions when making choices about how I live.

1 2 3 4 5

CIRCLE ONE

5. DIRECTION

My spiritual life is helping guide me toward a clearer sense of meaning, purpose, and the kind of person I want to become.

1 2 3 4 5

CIRCLE ONE

Your Spiritual Score

Add the five ratings you selected:

___ + ___ + ___ + ___ + ___ = ___ / 25

☐ 21-25 Strong

☐ 16-20 Stable

☐ 11-15 Needs Attention

☐ 5-10 Under Pressure

Record your Spiritual score: ___ / 25

Emotional

CIRCLE ONE RESPONSE PER STATEMENT

Your Emotional pillar reflects how well you recognize, process, and respond to your emotions, including your ability to regain stability, make thoughtful choices, and continue growing through difficult experiences.

1 = Strongly Disagree

5 = Strongly Agree

1. AWARENESS

I can recognize and identify what I am feeling and understand many of the circumstances, thoughts, or experiences contributing to those emotions.

1 2 3 4 5

CIRCLE ONE

2. MAINTENANCE

I regularly make space to process my emotions in healthy ways rather than ignoring, suppressing, or avoiding them.

1 2 3 4 5

CIRCLE ONE

3. RESILIENCE

When I experience strong or difficult emotions, I can work through them and regain enough stability to make thoughtful decisions and respond constructively.

1 2 3 4 5

CIRCLE ONE

4. INTENTIONALITY

I deliberately choose how I respond to my emotions rather than automatically reacting from them.

1 2 3 4 5

CIRCLE ONE

5. DIRECTION

The way I am developing emotionally is helping me become more mature, stable, self-aware, and capable of responding well to the life I want to build.

1 2 3 4 5

CIRCLE ONE

Your Emotional Score

Add the five ratings you selected:

___ + ___ + ___ + ___ + ___ = ___ / 25

☐ 21-25 Strong

☐ 16-20 Stable

☐ 11-15 Needs Attention

☐ 5-10 Under Pressure

Record your Emotional score: ___ / 25

Your Fortress at a Glance

BRING YOUR SIX SCORES TOGETHER

Copy each pillar score below, then use the score key to record its current condition. A lower score is information - not a verdict.

21-25 STRONG | 16-20 STABLE | 11-15 NEEDS ATTENTION | 5-10 UNDER PRESSURE

PILLAR	SCORE	CONDITION
Financial	_____ / 25	_____
Relationships	_____ / 25	_____
Mental	_____ / 25	_____
Physical	_____ / 25	_____
Spiritual	_____ / 25	_____
Emotional	_____ / 25	_____

Pause before moving on

What stands out?

Where do you see strength or stability?

Where might strain be affecting more than one area?

The goal is not perfect balance.

Different seasons place different demands on different areas of life. Notice what your scores reveal without turning them into a judgment about your worth.

Look One Layer Deeper

Your pillar scores showed the condition of individual areas. Now look across those pillars to see whether a broader pattern appears. In every pillar, the first statement measured Awareness, the second Maintenance, the third Resilience, the fourth Intentionality, and the fifth Direction.

Awareness

Financial Relationships Mental Physical Spiritual Emotional
 ____ + ____ + ____ + ____ + ____ + ____ = ____ / 30

Maintenance

Financial Relationships Mental Physical Spiritual Emotional
 ____ + ____ + ____ + ____ + ____ + ____ = ____ / 30

Resilience

Financial Relationships Mental Physical Spiritual Emotional
 ____ + ____ + ____ + ____ + ____ + ____ = ____ / 30

Intentionality

Financial Relationships Mental Physical Spiritual Emotional
 ____ + ____ + ____ + ____ + ____ + ____ = ____ / 30

Direction

Financial Relationships Mental Physical Spiritual Emotional
 ____ + ____ + ____ + ____ + ____ + ____ = ____ / 30

Compare the five totals

Which lens scored lowest?

Which lens scored highest?

Does that pattern appear in several different areas of your life?

EXAMPLE

You may understand what needs attention in several pillars - strong Awareness - but struggle to maintain the habits that support them. That would make Maintenance a pattern worth examining.

Condition > Pattern > Priority

CHOOSE WHERE TO BEGIN

Your System Priority

Looking only at your assessment results, which pillar appears to need the most attention?

This is your System Priority - the starting point suggested by the pattern in your assessment results.

Your Chosen Priority

Which area, if strengthened now, would have the greatest positive effect on the rest of my life?

This is your Chosen Priority. Your System Priority and Chosen Priority may be the same. They do not have to be. Your scores cannot know everything about your responsibilities, circumstances, season of life, values, or commitments. The assessment provides information. You still make the decision.

Choose One Place to Begin

You do not need to strengthen everything at once. Choose one intentional step.

The area I am choosing to strengthen:

One action I can take:

When I will take it:

Strength is built one intentional step at a time.

Continue Building Your Fortress

The six pillars are interconnected. Strengthening one area can create positive effects throughout the rest of your life. Revisit this assessment as your season changes and your priorities become clearer.

Educational disclaimer: The Fortress Assessment is a self-reflection and educational tool. It is not intended to diagnose medical, mental-health, financial, relationship, or other professional conditions, and it is not a substitute for professional advice or care.