

Greater Destiny International Ministries

Fruit of the Spirit Self-Assessment

For 2026, we will focus on alignment for growth. Complete this self-assessment by rating yourself in the following areas, from 1 (lowest or worst) to 5 (highest or best) for each statement. Be honest with yourself, as our goal is to make adjustments to align with Godly expectations.

Fruit of the Spirit	Statement to Consider	Rating Scale				
Love	My love for God is reflected in my love for people.	1	2	3	4	5
	I am intentionally navigating from selfishness toward compassion.	1	2	3	4	5
	I practice serving others, desiring nothing in return.	1	2	3	4	5
	My love for others is greater than my hurts and frustrations from others.	1	2	3	4	5
TOTAL						
Joy	I find strength in the joy of the Lord.	1	2	3	4	5
	People can visibly observe joy in my life during hard times.	1	2	3	4	5
	I choose joy over frustration.	1	2	3	4	5
	The joy that others see in me expresses hope.	1	2	3	4	5
TOTAL						
Peace	I have a peace because I know God is in control.	1	2	3	4	5
	As my mind stays on the Lord, it gives me peace.	1	2	3	4	5
	I INTENTIONALLY navigate toward peace (being calm) instead of showing stress and causing tension.	1	2	3	4	5
	The peace of God RULES in my heart.	1	2	3	4	5
TOTAL						
Patience	Long-suffering is evident in my life as a result of love, joy, and peace.	1	2	3	4	5
	I demonstrate long-suffering with people instead of impatience.	1	2	3	4	5
	Long-suffering has developed my strength to endure.	1	2	3	4	5
	Long-suffering guides me to navigate to the path of forgiveness.	1	2	3	4	5
TOTAL						
Kindness	I am considerate of the feelings of others.	1	2	3	4	5
	I often seek ways to encourage people.	1	2	3	4	5

	I make friends easily.	1	2	3	4	5
	I am generous with praise and cautious with criticism.	1	2	3	4	5
TOTAL						
Goodness	Every day I think of ways I can add value to other people.	1	2	3	4	5
	I am fulfilling the purpose God has designed for me.	1	2	3	4	5
	People think of me as a person of integrity.	1	2	3	4	5
	I look for strengths in people instead of their weaknesses.	1	2	3	4	5
TOTAL						
Faithfulness	I keep my word; others can count on me.	1	2	3	4	5
	I follow through with what I start.	1	2	3	4	5
	I am firm in my faith towards God, unwavering in the things of God.	1	2	3	4	5
	Faithfulness to God keeps me authentic.	1	2	3	4	5
TOTAL						
Gentleness/ Meekness	I am quick to listen, slow to speak, and slow to anger.	1	2	3	4	5
	I treat others with respect, regardless.	1	2	3	4	5
	I do humble tasks when no one is looking.	1	2	3	4	5
	I am receptive of God's word, which cleanses me and makes me useful for God and for others.	1	2	3	4	5
TOTAL						
Self-Control	I control my thoughts and words instead of my thoughts and words controlling me.	1	2	3	4	5
	I navigate toward a way of escape during temptation by being in God's Word and applying the word.	1	2	3	4	5
	I am not controlled by sinful nature, but by the Holy Spirit.	1	2	3	4	5
	I intentionally work to grow in Godly thinking.	1	2	3	4	5
TOTAL						
Total:	Calculate the number of 1s, 2s, 3s, 4s, & 5s (each column) and determine how the Fruit of the Spirit are at work in your life. Complete the reflection section.					

Reflection:

What are your two highest/best Fruit of the Spirit?

1. _____

2. _____

What are your two lowest/worst Fruit of the Spirit?

1. _____

2. _____

Choose one of the two lowest/worst Fruit of the Spirit and be intentional in improving in this area in the first month of the year.

- Which area did you choose?

- What is preventing this quality from being displayed or manifested in your life?

- What are your next steps to address the obstacle?

- List scriptures that address your area of improvement. Study these scriptures and characteristics for a deeper understanding of what may be addressed so that you will victory in this area.

○ _____

○ _____

○ _____

Next month, add the next area of focus to your intentional improvement. Continue to focus on improving in the remaining areas throughout the year.

Here are a few scriptures for each characteristic that makes up the Fruit of the Spirit:

- Love: John 13:35, Galatians 5:13, 1 Cor 13:4-7, Job 48:10
- Joy: Nehemiah 8:10; James 1:2, Romans 12:12
- Peace: Isaiah 28:3, Psalm 34:14, Romans 8:6, Colossians 3:15
- Long-Suffering: Proverbs 18:32, James 5:7-9, Ephesians 32, Proverbs 15:18
- Kindness: Ephesians 4:32, Proverbs 18:24, Colossians 3:12-13, 1 Thessalonians 5:11
- Goodness: Ephesians 2:10, Proverbs 10:9, Matthew 7:17, Romans 12:9
- Faithfulness: 1 Corinthians 4:2, Matthew 10:22, Proverbs 24:16, Hebrews 10:23
- Gentleness/Meekness: Titus 3:2, Micah 6:8, James 1:21, Galatians 6:1, 2 Timothy 2:24-25
- Self-Control: 1 Corinthians 10:7-14, Psalm 119:11, Romans 8:9, Proverbs 23:7, Philippians 2:5, Romans 12:12

Reference:

exploreyourjourney. (n.d.). Exploreyourjourney. <https://www.exploreyourjourney.com/>