

## **FEB 19-25: EHD PERSONAL ASSESMENT.**

<https://www.emotionallyhealthy.org/wp-content/uploads/2021/03/EHD-Personal-Assessment-2021.pdf>

This week, we will journey through the Emotionally Healthy Discipleship Personal Assessment together. As you answer the questions in this assessment, be sure to answer honestly and without overthinking. Take your time, but go with your gut.

When you meet with your group, be prepared to discuss the following:

- EHD Assessment: Were you surprised by your result?
- Did you find any of the questions hard to respond to?
- Did you have push back on any specific questions/sections?
- Where do you want to grow? How can your small group support you?

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