Seasoned and Sent Flourishing Survey

A Christian reflection on flourishing in the third third of life

Please think about your life today. Circle one response for each statement. There are no right or wrong answers; your responses help identify strengths and opportunities for growth.

RATING SCALE 1 = Not at all true 2 = Slightly true 3 = Somewhat true 4 = Mostly true 5 = Very true

Select one response for each statement.

Statement	1	2	3	4	5
1. Happiness & Contentment					
I experience joy, gratitude, or contentment in this season of life.	○	○	○	○	○
Overall, I am satisfied with the way my life is going.	○	○	○	○	○
2. Physical & Mental Well-Being					
I have the support I need to live as fully as possible given my health and abilities.	○	○	○	○	○
My emotional and mental well-being allows me to engage meaningfully in daily life.	○	○	○	○	○
3. Meaning & Purpose					
I believe my life continues to have meaning and purpose.	○	○	○	○	○
I have reasons to look forward to each new day.	○	○	○	○	○
4. Character & Virtue					
I am continuing to grow in patience, kindness, gratitude, and integrity.	○	○	○	○	○
My daily choices reflect the values I want to live by.	○	○	○	○	○
5. Relationships & Belonging					
I have people I can turn to for care, friendship, and encouragement.	○	○	○	○	○
I feel valued, respected, and included in my church or community.	○	○	○	○	○

Flourishing Survey | Continued

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Statement	1	2	3	4	5
6. Financial & Material Security					
I have enough financial and material resources to meet my essential needs.	○	○	○	○	○
I feel secure about my housing, care, and practical support needs.	○	○	○	○	○
7. Spiritual Vitality					
I am continuing to grow in my relationship with God.	○	○	○	○	○
Prayer, Scripture, worship, or other spiritual practices nourish my faith.	○	○	○	○	○
8. Calling & Contribution					
I believe God still has meaningful work for me to do.	○	○	○	○	○
I have ways to use my gifts, experience, encouragement, or prayers to bless others.	○	○	○	○	○
9. Wisdom & Legacy					
I have opportunities to share my faith, wisdom, and life experiences with others.	○	○	○	○	○
I am intentionally investing in people or causes that will outlast me.	○	○	○	○	○
10. Resilience & Hope					
When life changes or I face loss, I have support and faith to help me adapt.	○	○	○	○	○
I continue to have hope for the future, even when circumstances are difficult.	○	○	○	○	○

Reflection (optional)

What helps you flourish most in this season of life? _____

What would help you flourish more fully? _____

Note: This ministry survey is inspired by Harvard's flourishing research and the Seasoned and Sent framework. It is not the validated Harvard Flourishing Index.