

HOW INTENTIONAL AM I?

An assessment from <http://thatdougsmith.com>.

“Who am I?” Our experience of ourselves, or who we see “I” to be — shapes how we experience everything else. But since many of us spend so much time distracted by technology, we often experience ourselves as disconnected, anxious, or purposeless.

What’s missing? *Intentionality*. The industries behind our screens are more intentional with our lives than we are. And as a result, we may be missing the lives we were created for.

**BECOMING INTENTIONAL RESTORES OUR “I” —
OR WHO WE ARE MADE TO BE.**

This assessment will help you see how intentional you already are, and inspire you to take your next steps.

THE INTENTIONAL ASSESSMENT

For each question, think about how much it describes you. Then write a number according to the scale below. Be honest — you can only grow when you know your starting point.

3 Usually describes me

2 Often describes me

1 Sometimes describes me

0 Never describes me

- i. _____ I spend more time producing for others than consuming for myself.
- ii. _____ My life is not characterized by a lot of screen time.
- iii. _____ I spend most of my time doing things that promote my God-given purpose.
- iv. _____ I have regular times of solitude and reflection.
- v. _____ I spend less than an hour a day on all entertainment screen time (TV, videos, video games, social media).
- vi. _____ The people closest to me would say I'm usually present with them and supportive of their lives instead of using some device.
- vii. _____ I'm content with where I am and hopeful about where I'm going.
- viii. _____ I don't use pornography.
- ix. _____ I typically feel alert, sharp, rested, and productive throughout the day.
- x. _____ The technology I use supports my mission and benefits others.
- xi. _____ I spend time every day in focused prayer and Bible reading.
- xii. _____ I'm more up-to-date on the lives of those closest to me than the lives of anyone on the latest TV shows.
- xiii. _____ I am aware of God's presence and His love for me and others.
- xiv. _____ Most of my decisions take me in a positive direction.
- xv. _____ I know my God-given purpose and am actively pursuing it.
- xvi. _____ My life is characterized by love, joy, peace, patience, kindness, goodness, gentleness, meekness, and self-control.
- xvii. _____ I have control of my finances and am moving in a positive direction.
- xviii. _____ My home is a sanctuary filled with peace, encouragement, and hope.
- xix. _____ I am aware of the needs of hurting people and am doing something to help them.
- xx. _____ I take time to carefully consider complex ideas to form wise conclusions.

SCORING

Add up all of your answers, and see which score best describes how intentional your life is today.

45-60 You're intentionally following your God-given purpose, and have daily practices that are keeping you on track.

30-45 You're pretty intentional, but some new, purposeful habits could make a huge difference.

15-30 You know you could be more fruitful than you are today, but a lot of other things are getting in the way.

0-15 The culture, primarily through technology, controls most of your life, and you're not thriving as a result. The good news? Significant improvement awaits — if you're willing to learn and make some counter-cultural changes.

Would you like to take a bold step towards growing in your intentional life? Invest the time to read a life-changing book: [*\[Un\]Intentional: How Screens Secretly Shape Your Desires, and How You Can Break Free.*](#)

Want to go even deeper? [Email us with your questions.](#)