

Assessing Yourself Moving Toward Mastery

One of the most impactful tools you have as a coach is your own experience. Your impact as a Coach is directly linked to your ability to demonstrate growing mastery in your own life of tools that you learned in the Faithwalking 101 and 201. While genuine mastery takes a long time and a lot of practice, it is our goal that every Faithwalking 201 Coach becomes a master.

The Joharri's Window from the 101 Retreat is helpful in assessing yourself. You will recall that mastery comes from a journey that starts at unconscious incompetence. And ends at unconscious competence.

- ***Unconscious incompetence*** – when you see the description of the resource, nothing about it registers for you. This would be a 0 on a 10 point scale.
- ***Conscious incompetence*** – when you see the description of the tool, you recall what it means and can define or describe the tool, but you have little or no experience putting this tool into practice. That would represent a 1 on a 10 point scale.
- ***Conscious competence*** – this would represent a 2 – 6 on the scale. When you see the description of the tool, you have stories to tell of practicing this skill. If you have practiced a little and most of your efforts have been unsuccessful, your assessment would move toward 2. If you have practiced a lot and you have growing success, your assessment would move toward 6.
- ***Unconscious competence*** – this would represent a 7-10 on the scale. When you see the description of the tool, you have stories to tell in which, without even thinking, the skill was expressed as a part of your autopilot. When this first begins to happen, the score would move toward a 7. When it becomes more frequent, it moves to an 8 or a 9. When it regularly shows up, even in places of high anxiety, the score is a 10.

To get to mastery, a Coach must do two things.

1. Conduct an assessment of your current level of mastery on each of the 10 tools listed below. Take your time. Before you start, pray and ask God to give you courage to be authentic in this assessment. Also, ask God to protect you from any shame or guilt that might emerge in the space of doing the assessment.
2. Develop a plan for increasing your level of mastery. For ideas about developing your plan, go back to the homework given in your Coaches training and take on some of those exercises again. Or, contact your Head Coach and ask him/her to guide you in creating a plan.

Engaging Spiritual Disciplines – I have a consistent spiritual workout that provides the kind of power that keeps me connected to God and to my family and missional community.

0-----1----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7 ----- 8 ----- 9
-----10

Utilizing a coach – I have a coach that I regularly engage when I get stuck or stopped and who helps me get back into action.

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Deep Listening – I listen deeply to others. Even in the presence of anxiety, I am able to ask questions and reflect back what I hear being said.

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Engaging in “transformational conversations” – I regularly have clear, authentic, and passionate conversations about God’s activity in my life.

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Overcoming my vows – I have a clear, written statement of my negative and positive vows, and when my negative vows get triggered, I quickly get into action to live into my positive vows.

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Confronting my autopilot – I can clearly describe my defensive-routines and have a pre-determined plan for confronting those routines when they arise.

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Seeing the impact of chronic anxiety – I have a clear recognition of when chronic anxiety is triggered in my life and have clear strategies that I regularly engage to get into action.

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Learning to be differentiated within a relational system – when anxiety arises in relational systems (family, missional community, friends, neighborhood) I am regularly able to express my opinions and convictions in a non-defensive way that allows me to

listen deeply to those who see things differently.

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Utilizing dialogue as a tool for discernment – When anxiety arises in conversations, I regularly practice the art of dialogue.

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Providing and receiving life-giving accountability – I have clear goals for my own growing mastery of the transformation skills and am regularly accountable for being in action – to my spouse (if married), an accountability partner, and a coach.

0-----1----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7 ----- 8 ----- 9
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Describe two areas from your personal assessment that you feel need the most improvement and write a paragraph about each. In the paragraph, name the area and then describe what is currently so for you. In other words, what is your current practice in this area? Then describe what you will do and when you will do it to get in action to begin closing that gap.

First area that needs work:

What is currently so in this area?

Action plans?

Second area that needs work:

What is currently so in this area?

Action plans?

Identifying progress: Describe two areas from your personal assessment in which you feel you have experienced progress and write a paragraph for each area about your progress.

- In each paragraph, name the area, describe where you were with this skill, and then describe what is currently so for you.
- In other words, what is your current practice in this area?
- What helped you to make progress and to experience positive change?