

Relational Inventory



Find Your People

Just as the body needs physical nutrients to thrive, we need specific “relational nutrients” in our lives to help us grow into who God made us to be. On a scale of 1-3, mark how much of the following relational nutrients you have in your life.

**Note: This list has been modified from People Fuel by John Townsend*

1 = None or Nearly None; 2 = Some But Need More; 3 = Satisfied/Full

- _____ **Acceptance** – I have people in my life who accept me without judgment.
- _____ **Validation** – I have people in my life who are good at expressing empathy.
- _____ **Identification** – I have friends in a similar season of life.
- _____ **Containment** – I have people I can vent to so that I can carry on calmly.
- _____ **Comfort** – I have people who help me in times of loss or grief.
- _____ **Affirmation** – I have people who regularly affirm the good in me.
- _____ **Encouragement** – I have people who believe in me and my abilities.
- _____ **Respect** – I have people who respect me.
- _____ **Hope** – I have people who help me to feel more confident about the future.
- _____ **Celebration** – I have people I can celebrate my wins and joys with.

- _____ **Clarification** – I have people who help to bring clarity when I’m confused.
- _____ **Perspective** – I have people who challenge me to grow with their different points of view.
- _____ **Insight** – I have people who help me come to a deeper understanding of life’s problems and challenges.
- _____ **Feedback** – I have people who will give me critical feedback.
- _____ **Confrontation** – I have people who will let me know if I am going in the wrong direction or am in the wrong.
- _____ **Advice** – I have people I can turn to for advice and wisdom.
- _____ **Challenge** – I have people who will encourage me to take action or do good things I don’t want to do.
- _____ **Development** – I have people who help me grow and develop.
- _____ **Service** – I have people I serve and can “give back” to.

Reflection Questions:

1. What stands out to you about your scores? Which areas are the strongest for you and where do you see gaps?
2. Which relational nutrient do you need the most right now? Why is this nutrient significant for your current life season or challenges?
3. Are there any specific people in your life that come to mind as you think about intentionally investing in relationships in 2025?

Loving God, Thank you for wanting to give me the people and relationships I need to grow into the person you made me to be. Thank you for empowering me to help others grow into who you have created them to be. Please help me to be attuned to the people you are bringing into my life in 2025 so that I may grow and help others grow. In Jesus’ name I pray. Amen.