

TAKE INVENTORY

An Embracing Me Assessment

Where Am I Now?

Discover where you are today so you can intentionally move toward healing, wholeness, and purpose.

by Constance Goree
A companion to Embrace the Skin You're In

Take Inventory reveals where you are. Embracing Me guides who you are becoming.

Name:

Date:

Before You Begin

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Before transformation comes awareness.

Before growth comes honesty.

Before you can embrace who God created you to be, you must first take inventory of where you are today.

Take Inventory is the assessment process used within the Embracing Me framework. This assessment is designed to help you identify where you currently are — emotionally, spiritually, mentally, relationally, and personally — before beginning deeper growth work.

This assessment is not about being spiritual. It is about being honest.

There are no right answers. Respond to each statement by circling or checking the number that is most true for you right now — not where you want to be or where you used to be. Right now.

The Rating Scale

Score	What It Means	What God Says About This Place
1	Not yet — this area needs real attention in your life right now	<i>He heals the brokenhearted and binds up their wounds. — Psalm 147:3</i>
2	Growing — you are in progress, this is an active area of development	<i>Being confident of this, that He who began a good work will carry it to completion. — Phil 1:6</i>
3	Walking in this — this area is a genuine strength for you right now	<i>I can do all things through Christ who strengthens me. — Phil 4:13</i>

For each section: add up your five scores. The maximum per section is 15. Your score shows you exactly where you are in that area — and the results guide tells you specifically what God says about that place.

Your Take Inventory 7-Area Profile

Fill this in as you complete each section.

Area	Section	My Score / 15	Level
Identity	Who has been speaking over your life?	____ / 15	1 / 2 / 3
Self-Worth	What do you believe you deserve?	____ / 15	1 / 2 / 3
Relationships & Boundaries	What are you allowing?	____ / 15	1 / 2 / 3
Emotional Freedom	What are you carrying?	____ / 15	1 / 2 / 3
Your Body	How are you treating the temple?	____ / 15	1 / 2 / 3
Spiritual Alignment	Where are you with God?	____ / 15	1 / 2 / 3
Purpose & Forward Motion	Are you moving?	____ / 15	1 / 2 / 3

SECTION 1

IDENTITY

Who has been speaking over your life?

Psalm 139:13-14

Devotional Days: 1, 2, 4, 9

#	Statement	1	2	3
1	I see myself the way God sees me — not through the lens of my past or other people's opinions.	☐	☐	☐
2	My identity is not tied to who approves of me, who chooses me, or how I perform.	☐	☐	☐
3	When a negative thought surfaces about who I am, I correct it with what God says.	☐	☐	☐
4	I believe God created me with specific intention — that I am not an accident or an afterthought.	☐	☐	☐
5	I am becoming more settled in who I am regardless of my circumstances or relationships.	☐	☐	☐

Section 1 Score: 5-8 = Still working through this | 9-12 = Growing | 13-15 = Walking in this

My Score: _____ / 15

Reflection

Looking at your score, what one honest thing does it reveal about where you are in this area right now?

SECTION 2

SELF-WORTH

What do you believe you deserve?

Ephesians 2:10

Devotional Days: 3, 6, 15

#	Statement	1	2	3
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1	I believe I am worthy of love and respect — not because of what I do but because of who God says I am.	☐	☐	☐
2	I have standards for how I allow myself to be treated and I hold them consistently.	☐	☐	☐
3	I do not shrink, overexplain, or perform to make people comfortable with me.	☐	☐	☐
4	I am becoming more aware of when I am tolerating less than I deserve.	☐	☐	☐
5	I no longer need to prove my worth through constant achievement or service.	☐	☐	☐

Section 2 Score: 5-8 = Still working through this 9-12 = Growing 13-15 = Walking in this	My Score: _____ / 15
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Reflection

Looking at your score, what one honest thing does it reveal about where you are in this area right now?

SECTION 3

RELATIONSHIPS & BOUNDARIES

What are you allowing?

Proverbs 4:23

Devotional Days: 11, 17

#	Statement	1	2	3
1	I choose relationships based on alignment, not just familiarity or need.	☐	☐	☐
2	I protect my peace — I know what I will and will not allow access to my life.	☐	☐	☐
3	I can say no without guilt, over-explaining, or apology.	☐	☐	☐
4	I am not currently in a relationship or situation that consistently costs me more than it gives.	☐	☐	☐
5	I recognize when someone is not good for me and I have the courage to create distance.	☐	☐	☐

Section 3 Score: 5-8 = Still working through this | 9-12 = Growing | 13-15 = Walking in this

My Score: _____ / 15

Reflection

Looking at your score, what one honest thing does it reveal about where you are in this area right now?

SECTION 4

EMOTIONAL FREEDOM

What are you carrying?

1 Peter 5:7

Devotional Days: 5, 16, 19

#	Statement	1	2	3
1	I process emotions rather than suppress or avoid them.	☐	☐	☐
2	I am not currently controlled by grief, resentment, or fear from my past.	☐	☐	☐
3	I have truly released — not just managed — the major losses or wounds in my life.	☐	☐	☐
4	I allow myself to feel without being consumed by what I feel.	☐	☐	☐
5	I experience genuine peace more often than I experience anxiety or heaviness.	☐	☐	☐

Section 4 Score: 5-8 = Still working through this | 9-12 = Growing | 13-15 = Walking in this

My Score: _____ / 15

Reflection

Looking at your score, what one honest thing does it reveal about where you are in this area right now?

SECTION 5

YOUR BODY

How are you treating the temple?

1 Corinthians 6:19-20

Devotional Days: 12, 18

#	Statement	1	2	3
1	I speak about my body with respect and care rather than criticism.	☐	☐	☐
2	I care for my physical health as an act of honoring what God created.	☐	☐	☐
3	A physical challenge — skin condition, illness, or health struggle — does not define how I see my worth.	☐	☐	☐
4	I practice intentional self-care regularly rather than only when I am depleted.	☐	☐	☐
5	I am making peace with my body — not just tolerating it.	☐	☐	☐

Section 5 Score: 5-8 = Still working through this | 9-12 = Growing | 13-15 = Walking in this

My Score: ____ / 15

Reflection

Looking at your score, what one honest thing does it reveal about where you are in this area right now?

SECTION 6

SPIRITUAL ALIGNMENT

Where are you with God?

Jeremiah 29:11
Devotional Days: 7, 8, 14

#	Statement	1	2	3
1	I have a consistent relationship with God — not just in crisis but as a daily rhythm.	☐	☐	☐
2	I trust God's timing even when I do not understand what He is doing.	☐	☐	☐
3	I bring decisions to God first rather than going to my own strength and then asking Him to bless it.	☐	☐	☐
4	I feel spiritually grounded — my relationship with God is the anchor of my daily life.	☐	☐	☐
5	I am growing in my ability to hear from God and to obey what I hear.	☐	☐	☐

Section 6 Score: 5-8 = Still working through this | 9-12 = Growing | 13-15 = Walking in this

My Score: _____ / 15

Reflection

Looking at your score, what one honest thing does it reveal about where you are in this area right now?

SECTION 7

PURPOSE & FORWARD MOTION

Are you moving?

Ephesians 2:10

Devotional Days: 10, 13, 20, 21

#	Statement	1	2	3
1	I have a clear or growing sense of what God is calling me toward.	☐	☐	☐
2	I am taking intentional action toward my purpose — even small steps.	☐	☐	☐
3	I am not stuck in a pattern of delay, overthinking, or waiting for conditions to be perfect.	☐	☐	☐

4	I believe my story — including the hard parts — has prepared me for my assignment.	☐	☐	☐
5	I am choosing my purpose over my comfort more consistently than I used to.	☐	☐	☐

Section 7 Score: 5-8 = Still working through this 9-12 = Growing 13-15 = Walking in this	My Score: ____ / 15
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Reflection

Looking at your score, what one honest thing does it reveal about where you are in this area right now?

Your Take Inventory Reflection

Your inventory is complete. Before beginning the Embracing Me journey, take a moment to reflect on what has been revealed.

Look at your seven scores before answering these questions.

Which section scored the lowest? That is your primary area — the place where these 21 days will do the most work.

Which section scored the highest? That is your strength — the area God has already been doing something in.

What pattern do you notice looking across all seven sections? Is the same root issue showing up in more than one area?

What do you most hope God does in you during these 21 days? Be specific — not general.

Your Take Inventory Results Guide

Inventory reveals patterns. Transformation begins when those patterns are honestly acknowledged before God.

Find your score for each section below. Read what it means. Pay the most attention to your lowest-scoring area — that is where your 21-day journey will go the deepest.

Section 1 — Identity

Score 5-8 Still Working Through This

The voice that has had the most authority over your identity is not God's voice and somewhere in you, you know it. You may be able to say the right things about what God says but living from it is still a daily fight. Day 1 is where your journey begins — not with a lesson about identity, but with a direct question about whose voice gets the final word. That fight is exactly what these 21 days address.

Devotional days that speak directly to this area: Days 1, 2, 4, 9

Score 9-12 Growing

You are moving in the right direction. You know what God says about you and you are learning to live from it — but there are moments when an old voice gets loud and you still have to work to resist

it. That is not failure. That is the process of renewal. Days 2 and 9 will go deeper into the specific lies that keep surfacing for you.

Devotional days that speak directly to this area: Days 2, 4, 9

Score 13-15 Walking in This

You have done real work in this area. You are not just aware of what God says — you are living from it consistently. Use this as a strength during your 21-day journey. When other women in the community are wrestling with identity questions, your steadiness will be a gift to them.

Devotional days that speak directly to this area: Days 1, 2, 4, 9

Section 2 — Self-Worth

Score 5-8 Still Working Through This

You have been measuring your worth by external things — what people say, what you achieve, whether someone chose you. Worth built on those things shifts every time circumstances shift. Day 6 speaks directly to this. Constance wrote it from a specific season when she was still looking for her worth in all the wrong places. She knows this territory.

Devotional days that speak directly to this area: Days 3, 6, 15

Score 9-12 Growing

You are learning to receive your worth from God rather than from external sources — but the pull toward validation is still real for you. You know the truth and you are not fully living from it yet. That gap is where Day 6 and Day 15 do their deepest work.

Devotional days that speak directly to this area: Days 6, 15

Score 13-15 Walking in This

You have settled into your worth in a way that most women have not. This does not mean every day is easy — it means the foundation is solid. Your steadiness in this area makes you someone safe for other women to be honest around during the community journey.

Devotional days that speak directly to this area: Days 3, 6, 15

Section 3 — Relationships & Boundaries

Score 5-8 Still Working Through This

You are giving access to people or situations that your peace cannot afford. You likely know which ones — and you also know why you have not addressed them yet. Day 11 shows you what happens when you make decisions from emotion instead of wisdom — that is a boundary pattern, not just a personality trait. Day 17 goes directly into what it costs when we do not hold boundaries and gives you the practical language to set them.

Devotional days that speak directly to this area: Days 11, 17

Score 9-12 Growing

You are becoming more intentional about what you allow. You are starting to recognize patterns faster and you are learning to create distance when needed — even when it is uncomfortable. Day 11 shows you the pattern of decisions that happen when boundaries are not in place. Day 17 gives you the exact boundary you need to set and the words to hold it.

Devotional days that speak directly to this area: Days 11, 17

Score 13-15 Walking in This

You have done the hard work of guarding your heart and it shows. You are intentional about access and your peace reflects it. This area of strength will anchor you when the harder work of other sections surfaces during the 21-day journey.

Devotional days that speak directly to this area: Days 11, 17

Section 4 — Emotional Freedom

Score 5-8 Still Working Through This

You have been managing something that God asked you to release. There is a difference between carrying it skillfully and actually being free of it. You may look strong on the outside — and inside there is still unprocessed grief, resentment, or fear that has never fully been cast on God. First Peter 5:7 does not say set it gently down. It says cast it — with everything you have. Day 19 was written for this.

Devotional days that speak directly to this area: Days 5, 16, 19

Score 9-12 Growing

You are in the process of releasing what you have been carrying. You have started but you have not gone all the way through it yet. Day 5 begins the release work. Day 16 — Embrace Laughter — shows you what emotional freedom actually looks like when it arrives. Day 19 goes the deepest into grief and what it means to finally cast it on God.

Devotional days that speak directly to this area: Days 5, 16, 19

Score 13-15 Walking in This

You have done genuine release work and it is reflected in your peace. You are not carrying what God asked you to give Him. This is a significant victory — and it is one the women around you in the community will be inspired by.

Devotional days that speak directly to this area: Days 5, 16, 19

Section 5 — Your Body

Score 5-8 Still Working Through This

Your body has become a source of shame, criticism, or disconnection rather than a temple you honor. This may be tied to a skin condition, chronic illness, or simply years of speaking harshly to yourself in private. Constance wrote this devotional while managing eczema. She understands this battle from the inside. Days 12 and 18 were written specifically for this territory.

Devotional days that speak directly to this area: Days 12, 18

Score 9-12 Growing

You are learning to make peace with your body but it is still an active work in progress. Some days you honor what God created. Other days the old criticism comes back. Days 12 and 18 will give you language and practice for shifting the ongoing conversation you have with yourself about your body.

Devotional days that speak directly to this area: Days 12, 18

Score 13-15 Walking in This

You have built a relationship with your body that is grounded in how God sees it — not how the world measures it. This is significant, especially for women who have walked through physical challenges. Your peace in this area is a gift to other women who are still fighting this battle.

Devotional days that speak directly to this area: Days 12, 18

Section 6 — Spiritual Alignment

Score 5-8 Still Working Through This

Your relationship with God is either inconsistent or strained right now. You may seek Him mostly in crisis — or a difficult season has made it hard to feel close to Him. This is one of the most honest things you can admit. God is not offended by your distance. He is the one reaching toward you. Day 14 — the Healing day — speaks directly to what it means to bring your real self to God and embrace the healing process, not manage it from a distance.

Devotional days that speak directly to this area: Days 7, 8, 14

Score 9-12 Growing

You want more of God than you currently have. You are reaching but inconsistency or reliance on your own strength keeps pulling you back. Days 8 and 14 will meet you in that tension — the space between wanting more and not yet living from it consistently.

Devotional days that speak directly to this area: Days 8, 14

Score 13-15 Walking in This

Your faith is not theoretical — it is operational. You are living from your relationship with God in a way that others can see. This foundation is what will make the harder sections of the 21-day journey possible for you to walk through with steadiness.

Devotional days that speak directly to this area: Days 7, 8, 14

Section 7 — Purpose & Forward Motion

Score 5-8 Still Working Through This

You know God put something in you. The pull has been there long enough that you cannot pretend you do not feel it. But something — fear, a wound, a season that drained you — has been blocking forward movement. The work of Days 10 and 13 is not discovering your purpose. It is removing what has been standing between you and it. God prepared those good works before any of your mistakes or delays. You have not missed your window.

Devotional days that speak directly to this area: Days 10, 13, 20, 21

Score 9-12 Growing

You are moving — not as fast or as clearly as you would like, but you are moving. Day 13 will speak to the specific moment when change and growth feel like loss. Day 21 closes the journey with a full declaration of who you are walking away as. Stay with it.

Devotional days that speak directly to this area: Days 13, 20, 21

Score 13-15 Walking in This

You are living with intentionality and forward motion. You have made peace with your story and you are using it. This is exactly what Day 21 celebrates — the woman who came in one way and walked out another. You are already partway there.

Devotional days that speak directly to this area: Days 10, 13, 20, 21

Inventory reveals where you are.
Transformation reveals who you can become.
Speak this declaration aloud as you begin your journey.

I am not who my past says I am. I am who God says I am.
The weight I have been carrying has a name. I am giving it to God.
The work I am about to do is real. I will not rush it.
I came here honest. I will leave changed.
God is not finished with me. Not even close.
Today I begin. Today I choose to Embrace the Skin I'm In.

— **Constance Goree**