

POST-COURSE ASSESSMENT

Meeting Her Needs — The 10 Essential Needs of a Wife

INSTRUCTIONS

Rate how consistently you now meet each need on a scale of 1 to 5 (1 = Rarely, 5 = Consistently). Compare your scores to your Pre-Course Assessment to measure your growth.

1. Commitment to Family

I choose my family consistently, not just when convenient.

① ② ③ ④ ⑤ (1 = Rarely → 5 = Consistently)

2. Lead

I set a clear, calm, purposeful direction for our home.

① ② ③ ④ ⑤ (1 = Rarely → 5 = Consistently)

3. Provider

She feels covered financially, emotionally, and spiritually.

① ② ③ ④ ⑤ (1 = Rarely → 5 = Consistently)

4. Honesty

I practice full honesty, openness, and transparency with her.

① ② ③ ④ ⑤ (1 = Rarely → 5 = Consistently)

5. Talk

I initiate conversation and listen to understand, not to fix.

① ② ③ ④ ⑤ (1 = Rarely → 5 = Consistently)

6. Time

I give her scheduled, protected, undistracted attention.

① ② ③ ④ ⑤ (1 = Rarely → 5 = Consistently)

7. Affection

I offer non-sexual touch and warmth daily, without expectation.

① ② ③ ④ ⑤ (1 = Rarely → 5 = Consistently)

POST-COURSE ASSESSMENT — CONTINUED

8. Affirmation

I speak specific, sincere words of affirmation to her regularly.

① ② ③ ④ ⑤ (1 = Rarely → 5 = Consistently)

9. Needed

I communicate that she is essential, not optional, to my life.

① ② ③ ④ ⑤ (1 = Rarely → 5 = Consistently)

10. Vulnerability

I let her see my fears and struggles, not just my strengths.

① ② ③ ④ ⑤ (1 = Rarely → 5 = Consistently)

TOTAL SCORE: _____ **out of 50**

- 40–50: Thriving — you are consistently meeting her core needs. Keep building.
- 25–39: Growing — real progress is visible. Focus on your two lowest scores next.
- Below 25: Starting Over — revisit the lowest-scoring modules and apply one tool per week.

REFLECTION

Which need showed the greatest growth? Which one needs continued attention?

MY NEXT STEP

One specific action I will take this month to grow in my lowest-scoring need:

Signature

Date