

What is Your Spiritual Wellness?

Do you feel like you have purpose and meaning in your life?

Read each statement carefully and respond honestly by using the following scoring:

Almost always = 2 points | Sometimes/occasionally = 1 point | Very seldom = 0 points

- _____ 1. I feel comfortable and at ease with my spiritual life.
- _____ 2. There is a direct relationship between my personal values and daily actions.
- _____ 3. When I get depressed or frustrated by problems, my spiritual beliefs and values give me direction.
- _____ 4. Prayer, meditation, and/or quiet personal reflection is/are important in my life.
- _____ 5. Life is meaningful for me, and I feel a purpose in life.
- _____ 6. I can speak comfortably about my personal values and beliefs.
- _____ 7. I am consistently striving to grow spiritually, and I see it as a lifelong process.
- _____ 8. I have a strong sense of hope and optimism in my life and use my thoughts and attitudes in life-affirming ways.
- _____ 9. I appreciate the natural forces that exist in the universe.

_____ **Total for Spiritual Wellness**

SCORE	MEANING
13 to 18 Points	Excellent strength in this dimension.
7 to 12 Points	There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?
0 to 6 Points	This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here. Remember: The goal is balanced wellness.

