

# 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 am able to 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
<b>13 to 18 Points</b>	Excellent strength in this dimension.
<b>7 to 12 Points</b>	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?
<b>0 to 6 Points</b>	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.