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

<table>
<thead>
<tr>
<th>SCORE</th>
<th>MEANING</th>
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</thead>
<tbody>
<tr>
<td>13 to 18 Points</td>
<td>Excellent strength in this dimension.</td>
</tr>
<tr>
<td>7 to 12 Points</td>
<td>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?</td>
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<tr>
<td>0 to 6 Points</td>
<td>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.</td>
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