



SPIRITUAL WELLNESS ASSESSMENT

1. I feel assured and at ease with my spiritual life.	2	1	0
2. There is a connection between my personal values and my daily actions.	2	1	0
3. When I become frustrated or depressed, my spiritual beliefs and values give me guidance.	2	1	0
4. Meditation, prayer, and/or quiet reflection is important in my life.	2	1	0
5. I find life meaningful and I feel purpose in my life.	2	1	0
6. I am able to speak freely and comfortably about my personal values and beliefs.	2	1	0
7. I am continually striving to grow in spirituality and I believe it is a lifelong process.	2	1	0
8. I am respectful and keep an open mind about others' beliefs & values.	2	1	0
9. I have a tenacious sense of hope and optimism in my life and use my thoughts and attitudes in life-affirming ways.	2	1	0
10. I am grateful for the natural forces that exist in the universe.	2	1	0

TOTAL _____

15-20 Points: You have excellent strength in this dimension! Make sure your activities are balanced between all dimensions.

9-14 Points: There is room for improvement. Challenge yourself to find three new things to try in order to improve your spiritual wellness.

0-8 Points: This dimension needs a lot of work. What small steps can you take to begin taking steps towards growth? Remember, the goal is overall wellness and balance.



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In completing this wellness assessment,

I was surprised to learn that I _____

I was disappointed that _____

Things I am currently doing to help improve my spiritual wellness are _____

Things I will do differently or change to make my spiritual wellness a priority are _____
