

Spiritual Wellness Assessment

The spiritual dimension of wellness involves seeking meaning and purpose in one's 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, 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 am tolerant of and try to learn about others' beliefs and values.
- _____ 9. I have a strong sense of life optimism and use my thoughts and attitudes in life-affirming ways.
- _____ 10. I appreciate the natural forces that exist in the universe.

_____ **Total** for Spiritual Wellness Dimension

Scoring

15 to 20 Points – Excellent strength in this dimension.

9 to 14 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 8 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.

* Content courtesy of definitionofwellness.com.

