



Mark an “X” on the Spiritual Wellness Continuum for EACH of the questions below; the “X” for each question should reflect your current state of being. (You will have 7 X’s on the Continuum, ranging anywhere from 1 to 5).

1. Are you more of a pessimist (1) or an optimist (5)?
2. Overall, do you feel dissatisfied with life- (1) --behaviors/feelings reflect envy, resentfulness and/or judgmental attitude, OR are you overall accepting of your life (5) --behaviors/feelings reflect contentment, generosity, and compassion toward others?
3. Are you generally intolerant (1) of those who have differing beliefs, feelings, and values, or are you generally tolerant (5) towards others...seeking to understand other’s beliefs, feelings, values?
4. Do you know what your purpose is in life? Are you motivated to live according to your purpose? (If you struggle with this, or don’t really know what your purpose is, then you will be closer to 1, but if you can name your purpose and identify how you live this out, then you will be closer to 5).
5. Do you live inconsistent with your values (1), or do you live according to your values (5)?
6. Do you more often feel hope-less (1) or hope-full (5)?
7. Do you tend to live more selfishly (1) or do you tend to live more selflessly (5)?

Look at where your X’s fall on the Continuum. Are they clustered together or spread out? Do they tend to fall at one end of the continuum or the other?

- If most of your X’s fall 3 or below, you are likely Spiritually Struggling. Be more intentional about engaging with Spiritual Practices, in order to live more fully and fortify your ability to be resilient.
- If most of your X’s fall in the 4 or 5 range, you are likely Spiritually Well (in the present moment). Continue to intentionally engage with your Spiritual Practices and actively seek new Spiritual Growth Tools to fortify the Spiritual Dimension of your Resiliency.