

A SPIRITUAL INVENTORY

Rate yourself according to the following scale

Strongly Disagree 1 2 3 4 5 **Strongly Agree**

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| <p>_____ 1. I often feel a deep appreciation of the present moment.</p> <p>_____ 2. I have things I do that help me feel connected with other people and with all of life.</p> <p>_____ 3. I feel called on to forgive others as God forgives me.</p> <p>_____ 4. I see everyday life as sacred.</p> <p>_____ 5. My faith/spirituality gives me an anchor in dealing with the ambiguity and uncertainty of life.</p> <p>_____ 6. I have rituals that help me integrate the spiritual into my life.</p> <p>_____ 7. I believe that prayer has helped me get through difficult situations.</p> <p>_____ 8. Taking a brief moment to be aware of God in the midst of daily stresses has often helped me to calm down.</p> <p>_____ 9. Remembering that God is the only perfect being allows me to deal better with my own and others' imperfections.</p> <p>_____ 10. I have been unburdened of guilt through an experience of divine mercy.</p> <p>_____ 11. I am usually able to surrender control to a Higher Power (God) in situations which I find unmanageable.</p> <p>_____ 12. My spiritual community is a great help in encouraging and supporting my faith.</p> <p>_____ 13. My faith helps me to see that life is about growth and transformation.</p> <p>_____ 14. Prayer and reflection on my life give me insights into who I am and what I believe life is really all about.</p> | <p>_____ 15. I experience playful moments daily.</p> <p>_____ 16. I view my work as another opportunity to strengthen my spiritual development.</p> <p>_____ 17. My spiritual values influence the choices I make.</p> <p>_____ 18. I often experience a deep sense of awe about life.</p> <p>_____ 19. When I think about the problems I have I feel very hopeful that with God's guidance and strength, I can work through them.</p> <p>_____ 20. I set aside time for contemplation, spiritual reading, and self reflection.</p> <p>_____ 21. When I experience a magnificent sunrise or sunset or some other beauty of nature, I am aware of a divine presence.</p> <p>_____ 22. I deeply believe that human beings are here for a purpose.</p> <p>_____ 23. I experience beautiful music, powerful art, or meaningful theater and film as touching me spiritually.</p> <p>_____ 24. I have experienced an inner healing of certain hurts and resentments from my past.</p> <p>_____ 25. My faith/spirituality helps me put things in perspective, not getting so upset when things don't turn out the way I planned.</p> <p>_____ 26. My overall outlook on the future is positive, expecting good things to happen and believing that good can come out of even bad situations.</p> |
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