SPIRITUAL WELL-BEING ASSESSMENT

Rate your spiritual well-being by circling the number that best describes you next to each statement below. Base your answers on what you have experienced during the last six months, not what you think you should or would like to say. There are no “good” or “bad” ratings—only accurate readings on life as it is.

1. I feel in touch with God.

2. I am aware of my identity as a child of God.

3. I attend worship, pray, and study the Bible.

4. God guides my interactions with my family, work colleagues, and my community involvements.

5. My identity as a child of God positively affects my thoughts, feelings, and actions toward my body and the physical world around me.

6. I try to keep my emotional balance—loving and forgiving myself as well as others.

7. I am curious to learn all I can about the world and how I can make a difference for myself and others.

8. I value time apart devoted to meditation and listening for God’s guidance, and I make time for it in my schedule.

9. I believe that God is with me as I make changes to move toward wellness and life balance.

10. There are people in my life that do and will support me in the changes I need to make to be well.

Results: When you are finished, total the rating for each statement and write the total next to spiritual well-being on page 6 in the front of this handbook. As the course progresses, you will see how the ratings from each dimension of The Wholeness Wheel align to give you a picture of your current well-being.