

#5 Spiritual Health Self Assessment

1. I have a spiritual belief that is a vital life force.
2. I find meaning and joy in my everyday world.
3. I feel thankful for the abundance in my life.
4. I feel optimistic about my future.
5. I get support for my spirituality from my family/friends.
6. I spend time reflecting on the meaning of my life.
7. I have a sense of purpose in life.
8. I feel a direct connection with other people, nature, the earth and the universe.
9. I enjoy my spiritual nature.
10. I make efforts to improve my spirituality.
11. I believe each day is a gift to be treasured.
12. I learn and grow from each new experience.
13. I give myself and others the respect and the freedom to choose a spiritual path.
14. I have a strong will to live.

How can you improve your spiritual health?