

Spiritual Health Assessment

INSTRUCTIONS:

- * Quiet yourself and take a moment for reflection.
- * Circle the deepest truth that describes "How you are within yourself" today.
- * Use the optional questions as a guide for insight.
- * Record and compare your answers at regular intervals in order to discover patterns of spiritual health or distress.
- * Trust that awareness is the first step towards healing. Instead of trying to fix spiritual pain, it only needs to be listened to and received.

MEANING

1

Life is filled with purpose and meaning

2

3

I feel generally motivated

4

5

Life has become meaningless

What is giving me life and energy right now? Or who or what keeps me from being fully alive?

FORGIVENESS

1

I feel a deep sense of reconciliation towards myself and others

2

3

There are no outstanding issues that are calling for forgiveness in my life

4

5

I feel a strong sense of un-forgiveness towards myself and/or another

Who or what do I need to forgive? Or from whom do I need to seek forgiveness?

RELATEDNESS

1

I feel a strong sense of connection with the persons and things that matter most to me

2

3

Most important areas of my life seem balanced

4

5

I feel seriously alienated from someone/thing that is important to me

Who or what means the most to me? Or who or what do I fear losing?

HOPE

1

I feel hope-filled and optimistic

2

3

I generally trust what the future holds for me

4

5

I am experiencing deep depression and hopelessness

What dreams keep me alive? Or why might I feel depressed or hopeless?

Healing Evaluation

In order to evaluate your progress it would help if you could complete this short form.

Please rate the following:



Excellent



Very Good



Good



Fair



Poor

1. Prior to your healing session, how would you rate the overall state of your mental health?

Number:

2. During the 2 weeks after your healing session, how would you rate the overall state of your mental health?

Number:

Anything else you would like to say:

Committing to a regular healing practice helps with emotional and spiritual growth, so that you can live to your fullest potential.

Self awareness is key, When you notice you feel low, try to complete the spiritual health assessment at regular intervals. This helps you to discover patterns. You can then decide what you need next.