

Very seldom = 0 points

- _____ 1. I feel comfortable and at ease with my spiritual life.
- _____ 2. There is a direct relationship between my personal values and daily actions.
- _____ 3. When I get depressed or frustrated by problems, my spiritual beliefs and values give me direction.
- _____ 4. Prayer, meditation, and/or quiet personal reflection is/are important in my life.
- _____ 5. Life is meaningful for me, and I feel a purpose in life.
- _____ 6. I am able to speak comfortably about my personal values and beliefs.
- _____ 7. I am consistently striving to grow spiritually and I see it as a lifelong process.
- _____ 8. I have a strong sense of hope and optimism in my life and use my thoughts and attitudes in life-affirming ways.
- _____ 9. I appreciate the natural forces that exist in the universe.