

UBwell



Personal Spiritual Wellness Assessment

	Rarely, if ever	Sometimes	Most of the time	Always
1 I have a deep appreciation for the depth of life, death, and understanding of universal human connection or consciousness.	1	2	3	4
2 I recognize that there are many spiritual paths and that ever spiritual tradition recognizes and teaches basics percepts or laws of wise and conscious human conduct while seeking qualities of altruism, optimism, hope, and forgiveness.	1	2	3	4
3 I integrate my "spiritual practice" within everyday life of work, family, and relationships.	1	2	3	4
4 I make time for relaxation in my day.	1	2	3	4
5 I take time alone to think about what's important in life - who I am, what I value, where I fit in, and where I'm going.	1	2	3	4
6 I have faith in a greater power, be it a God, a like force, or something else.	1	2	3	4
7 I work for peace in my interpersonal relationships, in my community, and in the world at large.	1	2	3	4
8 My values guide my decisions and actions.	1	2	3	4
9 I have a sense of purpose in my life.	1	2	3	4
10 I am accepting of the views of others.	1	2	3	4
Total				
Maximum Score: 40				

After completing this assessment I was surprised to learn:

I was disappointed that:

Things I am currently doing to help improve my physical wellness are:

Things that I will do differently or change to make my physical wellness a priority are:

