

Spiritual Health

Please rate on a scale of 1 to 10:

	Terrible 1-2	Poor 3-4	Fair 5-6	Good 7-8	Excellent 9-10	Numerical Rating
1. Your Physical Health Score from page 1 (Please divide it by 10 to get a numerical rating.)						_____
2. Your Mental Health Score from page 2 (Please divide it by 10 to get a numerical rating.)						_____
3. Your connection with God / Nature	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
4. Your Creativity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
5. Your ability to relax and manage stress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
6. Your sense of comfort or security in the world	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
7. Your receptivity to other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
8. Your receptivity to your environment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
9. Your intuition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
10. Your ability to honestly express yourself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Spiritual Health Score (add up your answers)						_____

A) List 3 things for which you feel grateful:

1. _____
2. _____
3. _____

B) What's working well for you right now? List 2 things in your life you know you've got a handle on:

1. _____
2. _____

C) Do you believe in a Higher Power? Check one:

Yes _____ No _____

D) Do you feel that Power is always available to you? Check one:

Yes _____ No _____