



Spiritual Self-Reflection Tool

The questions which follow are intended to assist you in reflecting about where you presently are in your spiritual journey—where you are succeeding and where there is opportunity for growth. This is not a test, but rather a tool to assist you in thinking about the spiritual dimension of your life. There is no right or wrong way to use it so long as you make the time to reflect carefully on each question and search your heart for an honest answer to each. We encourage you to consider journaling about each question or discussing each with a trusted friend or loved one. You may also find it useful to return to this tool periodically to see how things change over time.

<p>Your connection with the eternal</p>	<ul style="list-style-type: none"> • Whether or not you choose to name it “God,” do you sense or feel connected to an eternal, creative power in the universe? • How do you experience it? • How often do you make time to do so? • What might you do to deepen your experience of the eternal?
<p>Your connection with others</p>	<ul style="list-style-type: none"> • Do you find your relationships with other people to be harmonious, or are they often challenging? • Are you able to feel compassion for others? • Are you able to forgive others for their failures and shortcomings? • Are you nursing anger and pain in your relationships? • Do you strive to be a positive, encouraging influence in the lives of others? • What might you do to improve your relationships with others?
<p>Your connection to yourself</p>	<ul style="list-style-type: none"> • Do you feel grounded—centered, balanced, emotionally-stable? • Are you generally able to remain fully present in a moment, or are your thoughts often troubled by worries, regrets or other distractions? • Do you regularly acknowledge and savor the good things in your life? • Do you treat yourself with warmth and understanding in times of difficulty and self-doubt? • Are you able to forgive your own failures and shortcomings acknowledging that they are only part of being human? • Are you caring for your body, mind and soul? • Are your behaviors and actions consistent with your values? • Do you strive to be your “better self?” • What might you do to become more settled and kinder to yourself?

<p><i>Your spiritual journey</i></p>	<ul style="list-style-type: none"> • Are you on a spiritual journey? • Are you an active participant in this journey, or do you feel stuck? • How do you feed your soul? • What do you do to strengthen your spiritual connections? • Do you have regular spiritual practices? • Who and what are your spiritual guides, mentors and companions? • Do you have a community which supports you in your spiritual journey? • Do you participate in an established faith tradition? • If so, have you chosen to look beneath the surface and explore the deep wisdom which may be found in your tradition? • What steps might you take to move your journey forward?
<p><i>Your spiritual legacy</i></p>	<ul style="list-style-type: none"> • Do you serve as a guide and mentor to others in their spiritual journeys? • Are you leading those who are important to you towards meaningful spiritual connections? • Do you give generously of your time and gifts to those in need? • What more might you do to assist others in finding deeper spiritual connections?

Spiritual growth is not a journey which has a destination, only a continuously deepening understanding of the eternal, our place in the universe and our ability to relate to others and ourselves. If you are looking for ways to move your journey forward, consider the following suggestions:

- Make more time for those activities which feed your soul.
- Engage friends and loved ones in conversations about their spiritual/religious beliefs.
- Accept imperfect relationships as a product of human shortcomings, including your own.
- Volunteer your time or donate to charitable causes.
- Journal about your journey, your beliefs and the questions which trouble you.
- Consult reputable writings and media to inform your journey and address your questions.
- Join your journey with others who have compatible beliefs.
- Ask someone whose faith/spirituality you admire to serve as your mentor.
- Begin a regular practice of meditation, devotionals or prayer.
- If you have a faith tradition, seek a deeper understanding of its texts, beliefs and practices. Find the wisdom which lies beneath the surface.
- Join a study group.
- Attend worship.
- Attend a spiritual/religious retreat.
- Encourage those who are important to you to advance their own spiritual journeys.