

Spiritual Wellness Assessment

Personal Information

Name:

Date:

Reflection Questions

What does spiritual wellness mean to you?

How do you currently nurture your spiritual well-being?

Assessment

How often do you engage in activities that help you feel connected to something greater than yourself?

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

Do you have a sense of purpose or meaning in your life?

☐ No ☐ Unsure ☐ Somewhat ☐ Yes

Are you comfortable discussing your beliefs and values with others?

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

Additional Comments