



## The Five Disciplines: Spiritual Self Assessment

Our spiritual health and wellbeing creates a balanced and fulfilled life experience. Although it is impossible to quantifiably measure spiritual growth, this assessment is designed to assist you in reflecting upon your own spiritual path, and perhaps to identify areas where you would like to focus to go deeper in your spiritual practice.

Review each of the 5 areas below and assess yourself in each area using a scale of 0-5:

### Communion

The first discipline focuses on spiritual practices which heighten your awareness of your sacred calling and your personal relationship with a higher power.

	STRONGLY DISAGREE			NEUTRAL	STRONGLY AGREE		
I set aside time each day for my spiritual practice.	0	1	2	3	4	5	
I am aware of my own spiritual gifts and how to use them for good.	0	1	2	3	4	5	
I pray, meditate and/or take time for personal reflection when I need direction or clarity	0	1	2	3	4	5	
I seek ways to deepend my experience of God through art, nature, music, sacred readings, singing, dance or other forms of creative expression.	0	1	2	3	4	5	
I am able to access the experience of Divine connection intentionally and consistently.	0	1	2	3	4	5	
I am consistent in how I express who I am at home, at work, and among my spiritual community.	0	1	2	3	4	5	

Total for COMMUNION \_\_\_\_\_



## Connection

A healthy spiritual life involves connecting with others who are on a similar path. The second discipline focuses on developing friendships with people who uplift and support you as you learn and grow together.

	STRONGLY DISAGREE			NEUTRAL	STRONGLY AGREE	
I am comfortable with who I am.	0	1	2	3	4	5
I make time to have fun, relax and simply enjoy the company of others.	0	1	2	3	4	5
I have deep, meaningful relationships with people in my spiritual community who share my core beliefs and values.	0	1	2	3	4	5
I communicate directly with people when there is an issue to be addressed. I can be trusted with confidential information. I avoid gossip.	0	1	2	3	4	5
I feel whole and complete with all of my relationships.	0	1	2	3	4	5
I reach out to people who are new to our community and I am good at helping them feel welcome and at ease.	0	1	2	3	4	5

Total for CONNECTION \_\_\_\_\_

## Compassion

Compassion empowers us to bless others in their times of need. The third discipline challenges us to be a light in the world and to purposefully seek ways to share our spiritual gifts with the people in our lives.

	STRONGLY DISAGREE			NEUTRAL	STRONGLY AGREE	
I demonstrate that I care about the milestones, sorrows, and celebrations of the people in my life.	0	1	2	3	4	5
When I give, I give freely & unconditionally.	0	1	2	3	4	5
I consistently support my friends, family & people in my spiritual community when challenges arise in their lives.	0	1	2	3	4	5
I enjoy using my gifts and resources to help others.	0	1	2	3	4	5
People who know me would describe me as thoughtful and caring.	0	1	2	3	4	5
I use the challenges in my life as opportunities to learn, grow and serve others.	0	1	2	3	4	5

Total for Compassion \_\_\_\_\_



## Community

Community service demonstrates our understanding of spiritual principles at work in the world beyond the walls of our spiritual home. The fourth discipline challenges us to boldly express our beliefs through service, even when confronted with opposing viewpoints. This contrast allows us to expand what we know to be true and dare to live with spiritual authenticity.

STRONGLY DISAGREE

NEUTRAL

STRONGLY AGREE

I can communicate the spiritual principles I believe in and I am comfortable sharing the story of my spiritual journey with others.	0	1	2	3	4	5
I put my spiritual beliefs into action through service to my community. I am aware of how my service reflects my spiritual understanding.	0	1	2	3	4	5
I am comfortable speaking about my spiritual beliefs, even in the presence of those whose beliefs are different from my own.	0	1	2	3	4	5
My spiritual practice (love, forgiveness, compassion, etc.) is inclusive of those whose beliefs are different from my own.	0	1	2	3	4	5
I encourage and inspire others by sharing how spiritual principles are working through my life.	0	1	2	3	4	5
I utilize my spiritual belief system to create positive change outside of my immediate spiritual community.	0	1	2	3	4	5

Total for COMMUNITY \_\_\_\_\_



## Challenge

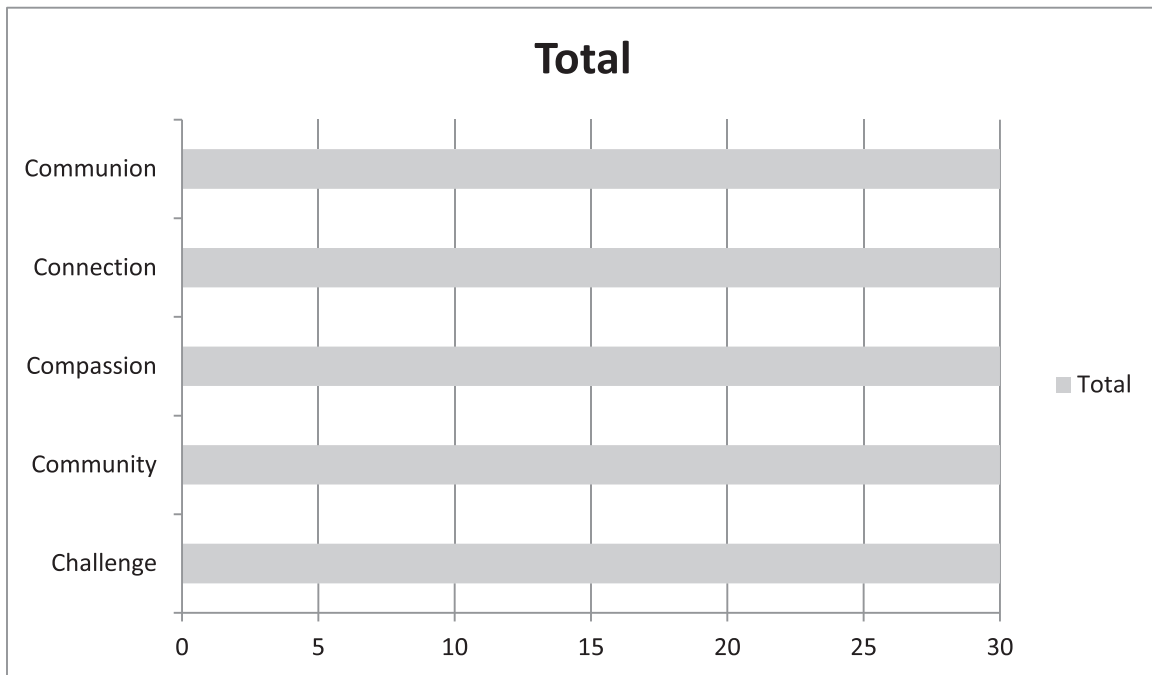
In order to continue on the path of spiritual growth, we must be willing to challenge ourselves through ongoing study and contemplation. The fifth discipline involves the willingness to stretch and grow and while consistently and proactively expanding your understanding of spiritual principles.

	STRONGLY DISAGREE			NEUTRAL	STRONGLY AGREE	
I write down my intentions and goals for my spiritual development and consistently share them with someone I trust.	0	1	2	3	4	5
My spiritual beliefs consistently guide me in the decisions I make. My actions are consistent with values.	0	1	2	3	4	5
I have people I can turn to when I feel challenged by life who support me in being the best I can be.	0	1	2	3	4	5
My finances reflect my spiritual beliefs. I tithe to organizations and/or individuals that nourish my spirit.	0	1	2	3	4	5
I am proactive and dedicated in my spiritual studies.	0	1	2	3	4	5
I regularly assess progress in my spiritual growth.	0	1	2	3	4	5

Total for CHALLENGE \_\_\_\_\_

## Chart your results:

Tally your totals from each of the Five Disciplines and fill in the chart below to assess your spiritual strengths, as well as areas where you may be a bit out of balance.



Create your Personal Spiritual Development Plan.

Meditate/pray about your results. Which area are you called to develop more fully in your life? Choose ONE area to focus on for the next 40 days. What would spiritual growth look like to you in this area?

My area of focus for the next 40 days is: \_\_\_\_\_

My 40 day goal in this area is: \_\_\_\_\_