



Spiritual Well-Being Self-Assessment

This quiz is designed to help you identify drivers and actions to improve your spirituality. Answer each question with Yes or No to assess your current spiritual well-being.

1. Do you feel a sense of purpose or direction in your life?
☐ Yes
☐ No

2. Do you regularly reflect on your values and beliefs?
☐ Yes
☐ No

3. Do you feel connected to something larger than yourself (e.g., community, nature, a higher power)?
☐ Yes
☐ No

4. Have you developed practices that help you feel spiritually fulfilled (e.g., meditation, prayer, mindfulness)?

☐ Yes

☐ No

5. Do you find it easy to experience gratitude for the small things in life?

☐ Yes

☐ No

6. Do you feel at peace when you think about the future?

☐ Yes

☐ No

7. Do you have a support network that shares your spiritual or life values?

☐ Yes

☐ No

8. Do you feel like you are living authentically and in line with your beliefs?

☐ Yes

☐ No

9. Do you find comfort in moments of solitude?

☐ Yes

☐ No

10. Do you frequently seek out opportunities to help or support others?

☐ Yes

☐ No

11. Do you have a regular routine or practice to nurture your spiritual life?

☐ Yes

☐ No

12. Do you feel that your spiritual beliefs provide you with strength during difficult times?

☐ Yes

☐ No

13. Do you experience moments of awe or wonder that connect you to a greater sense of meaning?

☐ Yes

☐ No

14. Are you open to exploring new spiritual practices or beliefs?

☐ Yes

☐ No

15. Do you feel a sense of community with people who share your spiritual beliefs?

☐ Yes

☐ No

16. Do you engage in acts of kindness or compassion regularly?

☐ Yes

☐ No

17. Do you seek spiritual guidance when faced with major life decisions?

☐ Yes

☐ No

18. Do you feel spiritually nourished by the activities you engage in, such as hobbies, volunteer work, or socializing?

☐ Yes

☐ No

19. Do you actively work on resolving any past spiritual or emotional wounds?

☐ Yes

☐ No

20. Do you believe that everything in life happens for a reason or has a higher purpose?

☐ Yes

☐ No

21. Reflect on your answers and note insights and actions that promote your spiritual growth and support your journey.(5 Points)

☐ Yes

☐ No

Visit Leap Retirement Newsletter for weekly motivation & insights.
<https://leapretirement.com/category/leap-newsletter/>

LEAP

[www.LeanRetirement.com](https://www.leapretirement.com)

Disclaimer "These assessments are intended for informational and entertainment purposes and should not be used as a substitute for professional medical advice, diagnosis, or treatment.