

<b>SPIRITUAL HEALTH INDICATOR</b>	<b>1 low</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5 high</b>	<b>COMMENTS</b>
1. I believe that my life and the life of all living things have purpose.						
2. I live with a strong sense of hope.						
3. I feel compassion for others in need.						
4. I feel strongly connected to nature (plants, animals, soil, water, etc.).						
5. I live with a sense of gratitude and inner peace.						
6. I forgive others for wrongs they have done—or I think they have done—to me.						
7. I can articulate my spiritual beliefs.						
8. Most of my decisions and actions are consistent with my spiritual beliefs.						
9. I spend some time each day intentionally nurturing my spiritual health.						
10. I spend time with other people who share my values and beliefs.						