

Growing the Spirit

Spiritual Growth Assessment II

This is not a test. This is only a tool to determine where you are in your spiritual journey. It is important that you be as honest as you possibly can with your answers. Your answers will be held in strictest confidence. (You are welcome to use additional paper.)

1. Would you describe yourself as a religious person?
2. What does “spiritual” mean to you?
3. Do you use prayer in your life? How often and when?
4. How would you describe your higher power?
5. What gives you meaning in life?
6. Who influenced you the most in spiritual matters and how?
7. What activities help you fulfill your purpose in life?
8. What is your source of spiritual strength?
9. How do you express your spiritual/religious side?
10. What types of spiritual activities or experiences do you enjoy?
11. What is sacred or holy to you?
12. What do you believe about heaven?
13. What do you believe about hell?

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14. What kind of person does your religion teach you to be?
15. What do you believe about sin?
16. What is your book of faith?
17. Are you part of a faith community? If so, which one?
18. What are any doubts you might be having about your faith?
19. What are some questions you have about your faith that you'd like answers to?
20. If you were to begin using a Spiritual Growth Coach what are some of the spiritual issues and concerns you'd like to work on?
21. Is there anything else you'd like to talk about with your Spiritual Growth Coach?

Thank you for completing this Spiritual Assessment.

Please complete and return to:

Rev. Tom Anthony, 4330 Gilbert Ave., Unit D., Dallas, Texas 75219

NAME (Print) _____ Signature _____
Address _____ City/Zip _____
Phone _____ E-Mail _____
Date _____