

My Spiritual Life

- I am at peace with myself
- I am at peace with the world
- I am at peace with the past
- There is nothing I do that I know is wrong (e.g., malicious gossip, stealing, an extra-marital affair)
- I go to church (/other place of worship) as often as I want to
- I regularly take time out of my life to be quiet/pray/meditate
- I feel connected to God
- My life has a purpose beyond the mundane
- I do something valuable, even if small, to help other people (e.g., voluntary work, local politics, collecting or fundraising for charity)
- I give some money every month to charity or a good cause

My score on _____ (date) is _____ / 10