SPIRITUALITY CHECK

1. How do you define spirituality?

__________________________________________

2. Would you describe yourself as spiritual?
   ___Yes ___ No ___Somewhat

3. Do you wish you had more or less spirituality in your life?
   ___More _____Less
   ___ I am content with my spirituality/non-spirituality.

4. Do you feel having a spiritual life is important?
   ___Yes ___No ___I don’t know
   Why? ____________________________________________

5a. Were you raised practicing an organized religion?
   ___Yes _____No

5b. If yes, which one? _______________________

6a. If yes, do you practice that religion today?
   ___Yes ____No

6b. If no, do you practice a religion today?
   ___Yes ____No

6c. If yes, which one? _______________________

6d. Why or why not? ___________________________________________________________________

7. Would you/do you raise your child as a member of an organized religion?
   ___Yes _____No

   Why or why not? ___________________________________________________________________

8. If you do practice a religion, does daily life ever conflict with your religious beliefs?
   ___Yes ___No _____Sometimes

   Explain __________________________________________________________________________
9. Would you date/have you dated someone of another religion?
_____Yes       _____No

10. Would you marry/have you married someone of another religion?
_____Yes       _____No

11. Do you understand the difference between religion and spirituality?

12. Do you believe in a Supreme Being?
_____Yes       _____No

13. How do you understand God today?

14. Have you always believed this way?

15. If not, how have you come to believe?

16. What have you wondered about related to God, religion or spirituality?
21. What do you understand to be the difference between prayer and meditation?

22. How do you rate your prayer life?  
   (High)  
   0 (None)  5 (Average)  10

23. Do you regularly attend religious services?  
   ___Yes  ____No

   Why?

24. How do you rate the quality of your prayer life?  
   (High)  
   0 (None)  5 (Average)  10

25. Do you own a Bible?  
   ___Yes  ____No

26. If so, when was the last time you read it?

27. How do you rate your awareness of the Bible?  
   (High)  
   0 (None)  5 (Average)  10

   Old Testament?  
   New Testament?

28. Have you ever had a mystical experience, such as witnessing a vision, a visitation or a miracle?  
   ___Yes  ____No

   If yes, what?

29. Do you believe others who say they have?  
   ___Yes  ____No
30. What’s your greatest fear?
   ____ a. My own death
   ____ b. Pain
   ____ c. Loss of a loved one
   ____ d. Other
   ____ e. Failure
   ____ f. Success
   ____ g. Change

31. Do you believe in.. (Circle Y or N)
   Angels?       Y or N or Unsure/Don’t Know
   The Soul?     Y or N or Unsure/Don’t Know
   The Devil?    Y or N or Unsure/Don’t Know
   Sin?          Y or N or Unsure/Don’t Know
   Heaven?       Y or N or Unsure/Don’t Know
   Hell?         Y or N or Unsure/Don’t Know
   Redemption?   Y or N or Unsure/Don’t Know
   Miracles?     Y or N or Unsure/Don’t Know
   Spirits?      Y or N or Unsure/Don’t Know
   Reincarnation?Y or N or Unsure/Don’t Know

32. Which motto resonates most for you?
   ____ a. Do unto others as you would have them do unto you.
   ____ b. Live and let live.
   ____ c. To thine own self be true.
   ____ d. Life is like a box of chocolates.
   ____ e. Other

   Why?

33. Are there any other ideas of a religious, moral, ethical or spiritual nature you would like to discuss? If so, please list and/or explain.

34. What is your reaction to this questionnaire?

Congratulations!

Just by completing this questionnaire, you have placed yourself ahead of 95% of the population of America -- who never take the time to think deeply about their spiritual lives -- their wants, needs, desires and dreams.

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