SPIRE Worksheet

To what extent have you felt this principle in your life during the past week? 1=not at all • 5=extremely

PRINCIPLE



1. Leading a meaningful life. (1) (2) (3)

2. Mindfully savoring the present.

My summary score (add lines 1 & 2) for Spiritual is





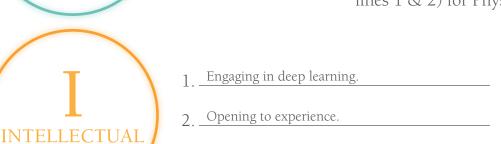
1 Caring for the body.

1 2 3 4 5

2. Tapping into the mind/body connection.

1 2 3 4 5

My summary score (add lines 1 & 2) for Physical is



1 2 3 4 5

My summary score (add



1. Nurturing a constructive relationship with self.

1 2 3 4 5

2. Nurturing a constructive relationship with others.

1 2 3 4 5

My summary score (add lines 1 & 2) for Relational is

lines 1 & 2) for Intellectual is





1. Feeling all emotions.

1 2 3 4 5

2. Reaching towards resilience and positivity.

1 2 3 4 5

My summary score (add lines 1 & 2) for Emotional is