

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 4 5
2. Mindfully savoring the present. 1 2 3 4 5

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. Engaging in deep learning. 1 2 3 4 5
2. Opening to experience. 1 2 3 4 5

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



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



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