

# SPIRE Worksheet

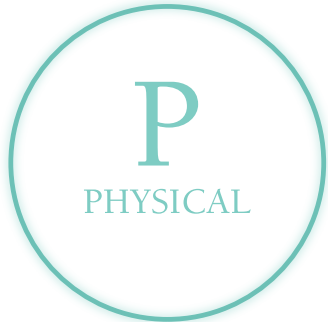
To what extent have you felt this principle in your life during the past week?  
1=not at all • 5=extremely

## 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