

SPIRITUAL FITNESS GUIDE (SELF-ASSESSMENT)

Spirituality may be used in a general sense to refer to that which gives meaning and purpose in life, or the term may be used more specifically to refer to the practice of a philosophy, religion, or way of living.

FIT	STRESSED	DEPLETED	DRAINED
<p>Potential Indicators</p> <ul style="list-style-type: none"> ➤ Engaged in life's meaning/purpose ➤ Hopeful about life/future ➤ Makes moral decisions ➤ Able to forgive self and others ➤ Respectful of people of other faiths ➤ Engaged in core values/beliefs 	<p>Potential Indicators</p> <ul style="list-style-type: none"> ➤ Neglecting life's meaning/purpose ➤ Less hopeful about life/future ➤ Makes some poor moral decisions ➤ Difficulty forgiving self or others ➤ Less respectful of people of other faiths ➤ Neglects core values/beliefs 	<p>Potential Indicators</p> <ul style="list-style-type: none"> ➤ Losing a sense of life's meaning/purpose ➤ Holds very little hope about life/future ➤ Makes poor moral decisions routinely ➤ Unable to forgive self or others ➤ Strong disrespect for people of other faiths ➤ Disregards core values/beliefs 	<p>Potential Indicators</p> <ul style="list-style-type: none"> ➤ Claims life has no meaning/purpose ➤ Holds no hope about life/future ➤ Extreme immoral behavior ➤ Forgiveness is not an option ➤ Complete disrespect for people of all faiths ➤ Abandons core values/beliefs

Your chaplain cares about you and can help with your Spiritual Fitness and Post Traumatic Growth.