

Spiritual Wellness Form

What is the state of my prayer life?

How often am I doing the following? (Daily, Weekly, Monthly, Quarterly, Annually, Other)

Vocal Prayer

Mental Prayer (Meditation)

Examination of Conscience

Other

How frequently am I coming to the sacraments and/or spending time with our Lord? (Daily, Weekly, Monthly, Quarterly, Annually, Other)

Eucharist

Reconciliation

Adoration

Thanksgiving After Communion

How am I growing daily in a life of virtue? Am I doing the following?

Making a Daily Resolution

Following a Rule of Life

Daily Spiritual Reading

Am I doing things that will help me to discern and become more obedient to God's will in my life?

Consecration to our Blessed Mother

Going on Retreat

Receiving Spiritual Direction/Mentorship