

# Spiritual Wellness Assessment

*Use the questions below to help guide you in assessing the current state of your spiritual life in relation to the four steps necessary for growing in holiness. Ideally, this assessment should be completed with our Lord's assistance--either during your personal prayer time or before Jesus in the Tabernacle/during Adoration.*

## ***1) Daily Prayer and Meditation***

**What is the state of my prayer life? How often am I doing any of the following?**

(Daily, Weekly, Monthly, Quarterly, Annually, Not at All, Other)

Vocal Prayers (Prayers said aloud or with others)

Mental Prayer (Lectio Divina, Meditation on Scriptures)

Examen

Examination of Conscience

## ***2) Living the Life of Grace***

**How am I growing in the life of grace? How frequently am I coming to the sacraments and/or spending time with our Lord in the following ways?**

(Daily, Weekly, Monthly, Quarterly, Annually, Not at All, Other)

Receiving Holy Communion

Going to the Sacrament of Reconciliation/Confession/Penance

Spending Time in Adoration/Making a Holy Hour

Spending Time in Thanksgiving After Communion

### ***3) Growing in Virtue***

**How am I growing in a life of virtue? How often am I doing the following?**

(Daily, Weekly, Monthly, Quarterly, Annually, Not at All, Other)

Making/Pursuing a Spiritual Resolution

Doing Corporal and Spiritual Works of Mercy

Fasting

Making Sacrifices

Following a Plan/Rule of Life

Doing Spiritual Reading

### ***4) Abandonment to God's Will***

**What am I doing to grow in trust and abandon myself (become more obedient) to God's will in my life according to my state of life?**

(Daily, Weekly, Monthly, Quarterly, Annually, Not at All, Other)

Made/Living Out Marian Consecration

Making a Retreat

Receiving Spiritual Direction/Mentorship

Living Simply/Relying on God's Providence

Discerning my Personal Vocation/State of Life