



*Spiritual wellness involves finding connection with values, meaning and purpose. Wellness in this area includes practices that can create connection with community and our higher selves.*

## HOPE Assessment

Use this HOPE scale to consider your current spiritual wellness practices. Write your thoughts in the spaces below.

**H** What provides you with **HOPE**?

**O** Do you participate in **ORGANIZED RELIGION**?

**P** What are your **PERSONAL SPIRITUAL PRACTICES**?

**E** What are the **EFFECTS OF YOUR BELIEF SYSTEM** on your decision making?

**H**

*What provides you with HOPE?*

**O**

*What does ORGANIZED RELIGION mean to you? Does it factor into your wellness?*

**P**

*What are your SPIRITUAL PRACTICES?*

**E**

*How do your spiritual beliefs EFFECT YOUR DECISION MAKING?*





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## Core Values Assessment

Consider what values shape your life. Our values are our principles and standards of behavior. They reveal what we believe matters most in life. Read through the list of values below and identify what areas resonate with you.

- |                |                 |
|----------------|-----------------|
| Acceptance     | Individuality   |
| Accountability | Innovation      |
| Achievement    | Intelligence    |
| Adventure      | Intuition       |
| Advocacy       | Joy             |
| Ambition       | Kindness        |
| Appreciation   | Leadership      |
| Autonomy       | Learning        |
| Balance        | Love            |
| Boldness       | Loyalty         |
| Calmness       | Mindfulness     |
| Caring         | Motivation      |
| Challenge      | Originality     |
| Charity        | Peace           |
| Cheerfulness   | Playfulness     |
| Cleverness     | Proactivity     |
| Commitment     | Professionalism |
| Compassion     | Resilience      |
| Consistency    | Resourcefulness |
| Contribution   | Responsibility  |
| Cooperation    | Risk Taking     |
| Creativity     | Safety          |
| Credibility    | Security        |
| Curiosity      | Selflessness    |
| Decisiveness   | Service         |
| Empathy        | Stability       |
| Encouragement  | Success         |
| Expressiveness | Teamwork        |
| Fairness       | Thankfulness    |
| Flexibility    | Thoughtfulness  |
| Fun            | Trustworthiness |
| Generosity     | Understanding   |
| Happiness      | Uniqueness      |
| Health         | Usefulness      |
| Honesty        | Versatility     |
| Humility       | Vision          |
| Humor          | Warmth          |
| Inclusiveness  | Well-being      |
| Independence   | Wisdom          |

*In the boxes below, write the values you consider important within each area.*

### Valuing MYSELF

### Valuing My RELATIONSHIPS

### Valuing My WORK

### Valuing My COMMUNITY



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## Exploring Your Core Values

Now that you have identified some words that resonate with your values, consider how you want those values to shape your life, relationships, work, and community.

- 1. What values have you selected for *YOURSELF*?**  
*How do your values affect how you think about yourself?*
  
- 2. What values did you identify to shape your *RELATIONSHIPS*?**  
*How do your values affect your relationships?*
  
- 3. What values did you identify to shape your *WORK*?**  
*How do your values affect your work?*
  
- 4. What values did you identify to shape your *COMMUNITY*?**  
*How do your values affect your community?*
  
- 5. Are there values that you chose that surprised you?**
  
- 6. Is there a value that is important to you that you hadn't considered before completing this assessment?**





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## JOURNAL PROMPTS

Use the following questions as prompts for further exploration. Write your thoughts in a journal.

1. What are your views on religion?
2. What are some things that help you stay connected to your faith?
3. Are there traditions that are associated with your spirituality? What is your favorite tradition? Describe why it is meaningful to you.
4. Describe a time where you felt completely calm. What conditions were present to make you feel this way.
5. Describe a time where you felt connection to a higher power, whatever that means for you. What was that experience like?
6. If you were to write your own mission statement, what would it say?
7. What is a painful experience you have gone through? What factors helped you get through this experience?
8. Define what peace means to you.

*Visit the [DBSA website](https://www.dbsa.org) for strategies and tips for boosting wellness in all 7 areas of the Wellness Wheel.*

[DBSAlliance.org/WellnessWheel](https://www.dbsa.org/WellnessWheel)

