

SPIRITUAL

READINESS

ASSESSMENT



SPIRITUAL READINESS ASSESSMENT

The set of statements below asks you about your opinions and beliefs. Please answer each question as accurately as possible.

1. I know what my life is about.

Strongly Disagree Disagree Neutral Agree Strongly Agree
1-----2-----3-----4-----5-----6-----7-----8-----9-----10

2. Human value and respect should be the greatest social value.

Strongly Disagree Disagree Neutral Agree Strongly Agree
1-----2-----3-----4-----5-----6-----7-----8-----9-----10

3. I've been able to find a sense of meaning in my life.

Strongly Disagree Disagree Neutral Agree Strongly Agree
1-----2-----3-----4-----5-----6-----7-----8-----9-----10

4. Looking at my life as a whole, things seem clear to me.

Strongly Disagree Disagree Neutral Agree Strongly Agree
1-----2-----3-----4-----5-----6-----7-----8-----9-----10

5. I believe strongly in humanity and the power of people.

Strongly Disagree Disagree Neutral Agree Strongly Agree
1-----2-----3-----4-----5-----6-----7-----8-----9-----10

6. I have a core set of beliefs, ethics, and values that give my life a sense of meaning and purpose.

Strongly Disagree Disagree Neutral Agree Strongly Agree
1-----2-----3-----4-----5-----6-----7-----8-----9-----10

7. I often think about a "grand plan" or process that human beings are a part of.

Strongly Disagree Disagree Neutral Agree Strongly Agree
1-----2-----3-----4-----5-----6-----7-----8-----9-----10

8. The greatest moral decision is doing the greatest good for human beings.

Strongly Disagree Disagree Neutral Agree Strongly Agree
1-----2-----3-----4-----5-----6-----7-----8-----9-----10

9. Being of service to others is an important source of meaning in my life.

Strongly Disagree Disagree Neutral Agree Strongly Agree
1-----2-----3-----4-----5-----6-----7-----8-----9-----10

10. I can find meaning and purpose in my everyday experiences.

Strongly Disagree Disagree Neutral Agree Strongly Agree
1-----2-----3-----4-----5-----6-----7-----8-----9-----10

SPIRITUAL READINESS ASSESSMENT

The next set of statements reflects commitment to God or a higher power. Even if you don't think of yourself as religious, try to answer as accurately as possible. If you believe a statement doesn't align with your belief system, then choose the option "The assumptions behind this statement aren't consistent with my world views"

11. Do you believe in God or a higher power?

YES NO

12. I feel God's love for me.

Strongly Disagree Disagree Neutral Agree Strongly Agree
1-----2-----3-----4-----5-----6-----7-----8-----9-----10

The assumptions behind this question aren't consistent with my world views.

13. I look to God for strength, support, and guidance

Strongly Disagree Disagree Neutral Agree Strongly Agree
1-----2-----3-----4-----5-----6-----7-----8-----9-----10

The assumptions behind this question aren't consistent with my world views.

14. I feel God's presence.

Strongly Disagree Disagree Neutral Agree Strongly Agree
1-----2-----3-----4-----5-----6-----7-----8-----9-----10

The assumptions behind this question aren't consistent with my world views.

15. I am grateful for all God has done for me.

Strongly Disagree Disagree Neutral Agree Strongly Agree
1-----2-----3-----4-----5-----6-----7-----8-----9-----10

The assumptions behind this question aren't consistent with my world views.

16. God comforts and shelters me.

Strongly Disagree Disagree Neutral Agree Strongly Agree
1-----2-----3-----4-----5-----6-----7-----8-----9-----10

The assumptions behind this question aren't consistent with my world views.

17. I have decided to place my life under God's direction.

Strongly Disagree Disagree Neutral Agree Strongly Agree
1-----2-----3-----4-----5-----6-----7-----8-----9-----10

The assumptions behind this question aren't consistent with my world views.

18. Religious beliefs are what really lie behind my whole approach to life.

Strongly Disagree Disagree Neutral Agree Strongly Agree
1-----2-----3-----4-----5-----6-----7-----8-----9-----10

The assumptions behind this question aren't consistent with my world views.

How open are you to speaking with a Chaplain?

Not Open Somewhat Open Definitely Open
1-----2-----3-----4-----5-----6-----7-----8-----9-----10

SPIRITUAL READINESS ASSESSMENT OVERALL SCORING

Plotting Overall Scoring on Matrix

- Add the total from statements 1-18 = _____
- Divide by the total number answered (do not count #11 or any statement that was answered with “*The assumptions behind this question aren’t consistent with my world views*”) in order to obtain an average score.
- Divide the average score by 2 to obtain Spiritual Readiness level.
- Plot Spiritual Readiness level on the x axis (horizontal)
- Plot Openness Level on the y axis (vertical)

SPIRITUAL READINESS MATRIX



Openness Level	SHOWS LOWER TO MODERATE SPIRITUAL READINESS					SHOWS HIGHER SPIRITUAL READINESS											
	IV	III	II			IB	IA										
10																	
9																	
8																	
7																	
6																	
5																	
4																	
3																	
2																	
1																	
0																	
	1	1.25	1.5	1.75	2	2.25	2.5	2.75	3	3.25	3.5	3.75	4	4.25	4.5	4.75	5
	Total Survey Points																

SCORING THE THREE CORE ATTRIBUTES

1. PMPV = Pursing Meaning, Purpose & Value
2. SSGG = Service & Sacrifice for the Greater Good
3. PCHP = Personal Connection to a Higher Power

***Items should be averaged to produce scale scores:**

- Average PMPV items (1, 3, 4, 6, 10) = _____ ÷ 2 = _____
- Average SSGG items (2, 5, 7, 8, 9) = _____ ÷ 2 = _____
- Average PCHP items (12, 13, 14, 15, 16, 17, 18) = _____ ÷ 2 = _____

SPIRITUAL READINESS ASSESSMENT CATEGORY SCORING



		SCORING THE THREE CORE ATTRIBUTES IN PREPARATION FOR COACHING																
		[1] PMPV			[2] SSGG			[3] PCHP										
Openness Level		SHOWS NEED FOR SPIRITUAL READINESS COACHING					SHOWS HIGHER SPIRITUAL READINESS											
10																		
9																		
8																		
7																		
6																		
5																		
4																		
3																		
2																		
1																		
0																		
		1	1.25	1.5	1.75	2	2.25	2.5	2.75	3	3.25	3.5	3.75	4	4.25	4.5	4.75	5
		Total Survey Points																

SPIRITUAL READINESS COACHING GRID

You can use the Spiritual Readiness Coaching Grid in conjunction with attribute-specific scores to serve as a tool for bridging the SRA results into tailored coaching in support of Spiritual Readiness.

Scales	Notes on Commitment & Connection Related to the 3 Core Attributes			Goals to Maintain or Strengthen Spiritual Commitments
	How has my commitment to this attribute changed in the past 6-18 months?	Which factors might help me strengthen my commitment to this attribute?	Which factors might threaten my ability to maintain commitment to this attribute?	
PMVP				
SSGG				
PCHP				

H2F SPIRITUAL READINESS LOEs

LOEs (CATEGORIES)	FM 7-22 FACTORS	OUTCOMES
LOE1: Pursuing Meaning, Purpose & Value	<ol style="list-style-type: none">1. Personhood (Meaning, Purpose)2. Identity (Who am I?)3. Growth Orientation (Progress, Aspiration)	<ul style="list-style-type: none">✓ Inner Strength✓ Ethical Behavior
LOE2: Service and Sacrifice for the Greater Good	<ol style="list-style-type: none">4. Personal Agency (Self-Control)5. Coping Strategies (Response to Adversity)	<ul style="list-style-type: none">✓ Overcomes Challenges✓ Resilient in Adversity
LOE3: Personal Connection to a Higher Power	<ol style="list-style-type: none">6. Connection (Relating Me to Transcendent Power; Ideology; Key People, Places & Things)	<ul style="list-style-type: none">✓ Pursues Purpose