



## **Would You Benefit from Spiritual Coaching?**

A Self-Assessment for Those Seeking Greater Meaning and Connection

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### **Instructions:**

Answer the following questions honestly. Use a scale of 1-5 to rate each question, where:

- **1 = Strongly Disagree**
- **2 = Disagree**
- **3 = Neutral**
- **4 = Agree**
- **5 = Strongly Agree**

After completing the questionnaire, review your responses to determine if spiritual coaching could help you on your journey toward deeper fulfillment and purpose.

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### **Self-Assessment Questions**

1. I feel like something is missing in my life, but I'm not sure what it is.

(1-5) \_\_\_\_\_

2. I struggle to find a deeper sense of purpose or meaning in my daily life.

(1-5) \_\_\_\_\_

3. I feel disconnected from myself, my faith, or my spiritual beliefs.

(1-5) \_\_\_\_\_

4. I often experience stress, anxiety, or uncertainty that I wish I could navigate with more peace and trust.

(1-5) \_\_\_\_\_

5. I want to explore my spirituality in a way that feels authentic to me.  
(1-5) \_\_\_\_\_
6. I desire a greater sense of alignment between my actions, values, and beliefs.  
(1-5) \_\_\_\_\_
7. I find it difficult to let go of past regrets, fears, or limiting beliefs.  
(1-5) \_\_\_\_\_
8. I want to deepen my mindfulness, meditation, or self-reflection practices but don't know where to start.  
(1-5) \_\_\_\_\_
9. I crave a supportive space where I can openly explore my spiritual journey without judgment.  
(1-5) \_\_\_\_\_
10. I am ready and willing to invest in my spiritual growth and personal transformation.  
(1-5) \_\_\_\_\_
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### Results & Reflection:

- **If you scored mostly 4s and 5s:** Spiritual coaching could be a powerful tool to help you find clarity, peace, and a stronger connection to your purpose.
- **If you scored mostly 3s:** You may benefit from guided self-reflection and spiritual exploration. Coaching can provide structure and support.
- **If you scored mostly 1s and 2s:** You might already feel spiritually fulfilled, but if you ever seek deeper growth, a spiritual coach can still offer valuable guidance.

Would you like to explore how spiritual coaching can help you on your journey?  
Consider scheduling a session to gain clarity and direction.

**Your path to deeper fulfillment starts today!**