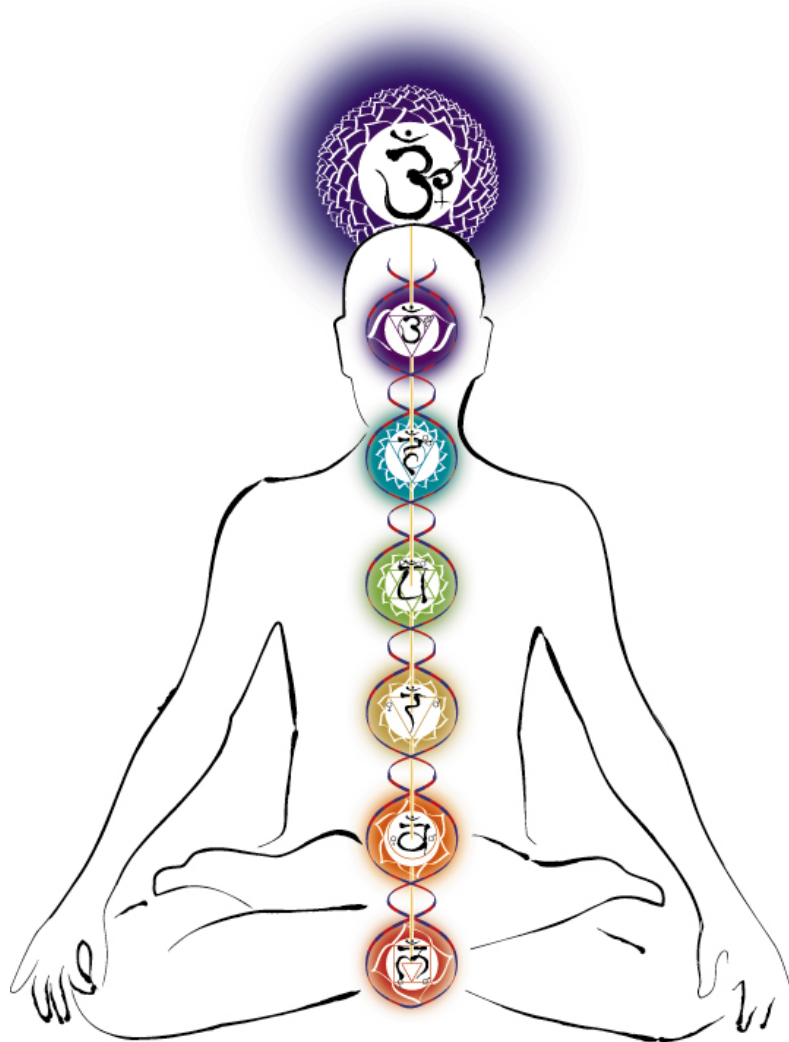


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Spiritual Quotient Assessment

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1. Do you feel that you live your life primarily as a conscious enterprise or do you have a sense of some deeper source, some unconscious dimension that has some impact on your life and its direction?
2. Do you have any method or system to make a connection with your inner life?
3. Are you able to use your dreams as a method to maintain dialogue with your inner life?
4. Are you able to perceive obstacles and disappointments in your life not only as setbacks but potentially also as whispers of your inner life trying to point your life in directions you may not have consciously thought of?
5. When you are confronted with medical or psychiatric problems, relationship difficulties, your own hang-ups or shortcomings, family problems, failures and adversity, do you see these as difficulties to be overcome as soon as possible, or do you feel that these have important clues for you learn from and live a more spiritually informed and meaningful life?
6. As you review your life journey so far, do you feel that all your successes, failures and detours have revolved around

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some central theme, as if some invisible force or trajectory is guiding you?

7. Do you have some dawning awareness of some deeper sense of purpose in your life guided by some inner wisdom?
8. As you look back at your life so far, do you have an awareness that as you were busy pursuing your goals, some unintended life pattern has been emerging? Does this unplanned life pattern have some central theme, meaning or purpose? How is this pattern at variance from your consciously established life goals?
9. How much of your life is based on demands of outer realities? How much do you reflect on some aspect of your deeper, inner, unconscious life and factor it in your deliberations?
10. When dealing with difficult people, problems or decisions, do you react to the situation or reflect upon the situation and its meaning in terms of your outer and inner life before acting?
11. Do you make active efforts to reflect daily or regularly upon the connection between your outer life and your inner life, and how your two worlds interface and impact each other?

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12. Looking back upon your life, what small and seemingly insignificant event or encounter had a significant impact on the course and direction of your life?
13. Do you tend to focus on past problems, past glory, future problems and possibilities or live in the present moment?
14. As you assess your life to date, what contribution do you feel you may have made to the community and humanity in some way? Do you feel that in some way, you have made this world a better place to live in?

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Samuel Weiser Inc., 2000, Chapter 1, Pages 32-34



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