

spiritual life inventory

SPIRITUAL LIFE INVENTORY

An instrument designed to describe
an individual's spiritual life.



SPIRITUAL LIFE INVENTORY

By Janet Hagberg and Terry Donovan



Personal Power Products
1735 Evergreen Lane N
Plymouth, MN 55441-4102
763-300-0163

©Copyright 2007 by Hagberg & Donovan. All rights reserved.

We would be most displeased if anyone should reproduce any part of this book without express written permission. While we are not vengeful, we are provokable.

spiritual life inventory

SPIRITUAL LIFE INVENTORY

The Spiritual Life Inventory complements the ideas and behaviors described in Janet O. Hagberg & Rev. Dr. Robert Guelich's book *The Critical Journey*. In *The Critical Journey*, they define seven stages of a person's spiritual life: Recognition of God, The Life of Discipleship, The Productive Life, The Journey Inward, The Wall, The Journey Outward, The Life of Love.

We move among these stages and repeat them in an ever widening spiral as we experience the breadth and depth of our spiritual lives. These stages of our spiritual life address one or all of the following issues: 1) The struggle to find meaning and wholeness, 2) The crisis of values and identity at midlife, 3) Questions about our spiritual journey, 4) The quest for self-actualization and 5) The healing of early religious experiences.

Using your answers to a series of questions, the *Spiritual Life Inventory* charts your position in each of the stages. All journeys are similar; all journeys are different. Each person's walk is unique, not to be duplicated, because of the particular people and events along the way. Consider the *Spiritual Life Inventory* as a loose guide. A globe rather than a road map, and let the message of the journey soak into your soul. Let the ideas and concepts themselves, the journey itself, entice you. The journey is real. It is yours and God's.

Your *Spiritual Life Inventory* describes a Home Stage where you function the majority of the time and cites other stages which guide your actions in certain situations but not in the majority of situations. Progressing from stage to stage is a matter of personal choice and commitment to spiritual growth. It is not a matter of getting older or choosing a different religion or waiting for your spirituality to be different. Our spiritual lives are deeply personal and grounded on our relationship with a higher power. Enjoy the inventory and the explorations it causes you to consider.

spiritual life inventory

INSTRUCTIONS

On a scale of 1 to 5 (1=Not descriptive of me; 5=Very descriptive of me) fill in the box to the right of each statement with the number that most closely describes you at this point in time.

Total your answers in each column at the bottom of that column. Transfer the page totals to the Grand Total boxes on page 7.

	1 Not descriptive of me	2	3	4	5 Very descriptive of me
1. My awe of God makes me feel so insignificant	<input type="text" value="4"/>				
2. I choose to do anything God asks whether menial or prestigious					<input type="text" value="2"/>
3. I feel responsible to lead others to my faith		<input type="text" value="1"/>			

	1 Not descriptive of me	2	3	4	5 Very descriptive of me		
1. My awe of God makes me feel so insignificant	<input type="text"/>						
2. I choose to do anything God asks whether menial or prestigious					<input type="text"/>		
3. I feel responsible to lead others to my faith		<input type="text"/>					
4. I had my faith all together and now it has fallen apart			<input type="text"/>				
5. My faith is clear because I've found the truth		<input type="text"/>					
6. God is calling me to work that my ego cannot control				<input type="text"/>			
7. I will never be good enough to warrant God's love	<input type="text"/>						
8. I love being part of a community of like-minded believers		<input type="text"/>					
9. I am in a darkness in which God feels distant				<input type="text"/>			
10. I am closer to God in nature than anywhere else	<input type="text"/>						
11. I have been given talents and I use them		<input type="text"/>					
12. I am feeling alienated from the God I used to know			<input type="text"/>				
13. My life is totally in God's hands					<input type="text"/>		
14. I am facing my core fears before God				<input type="text"/>			
15. My life was falling apart but now God is rescuing me	<input type="text"/>						
16. I hear with God's ears, see with God's eyes, feel with God's heart					<input type="text"/>		
Column Totals							
	A	B	C	D	E	F	G

spiritual life inventory

	1	2	3	4	5		
	Not descriptive of me				Very descriptive of me		
17. I feel like I just discovered God for the first time	<input type="checkbox"/>						
18. I want to know what the right answer is when I ask spiritual questions		<input type="checkbox"/>					
19. I know what I believe and I think others have been misguided		<input type="checkbox"/>					
20. I feel success follows faithfulness in matters of faith			<input type="checkbox"/>				
21. I am willing to take on positions of responsibility in my faith community			<input type="checkbox"/>				
22. I have lost the confidence in my faith that I used to have			<input type="checkbox"/>				
23. I desire intimacy with God, no matter what the consequences				<input type="checkbox"/>			
24. God is so big and I am so small and unworthy	<input type="checkbox"/>						
25. I would give up everything for God					<input type="checkbox"/>		
26. I have learned a great deal in my faith and I have a responsibility to use it			<input type="checkbox"/>				
27. I feel inner peace in the middle of chaos and pain				<input type="checkbox"/>			
28. I am desperate to find a way out of my pain				<input type="checkbox"/>			
29. I am letting go of my old idea of God and finding a new one			<input type="checkbox"/>				
30. If the Bible says it's wrong, it's wrong.		<input type="checkbox"/>					
31. I am desperate to find significance in my life	<input type="checkbox"/>						
32. I just love to learn more about my faith/spirituality		<input type="checkbox"/>					
33. Like never before, I have deep doubts about my faith			<input type="checkbox"/>				
34. I am aware of my shadow side and hidden parts of my inner self				<input type="checkbox"/>			
35. I know my faith is such a confidence builder			<input type="checkbox"/>				
36. I am unconditionally loved by God and feel it				<input type="checkbox"/>			
37. I have experienced union with God					<input type="checkbox"/>		
38. I am experiencing God through my senses	<input type="checkbox"/>						
39. Only through God's grace am I able to function					<input type="checkbox"/>		
40. All is gift					<input type="checkbox"/>		
41. I feel like a hypocrite—how I behave and what I believe are so different			<input type="checkbox"/>				
42. I am experiencing my first glimpses of deep healing from God				<input type="checkbox"/>			
43. I try to do good work for God			<input type="checkbox"/>				
44. I am now facing a wall of resistance to healing that I've built for a long time				<input type="checkbox"/>			
Column Totals							
	A	B	C	D	E	F	G

spiritual life inventory

	1	2	3	4	5		
	Not descriptive of me				Very descriptive of me		
45. I feel insufficient to ask anything from God	<input type="checkbox"/>						
46. It's important for me to reach the spiritual goals I set for myself		<input type="checkbox"/>					
47. God lives through me					<input type="checkbox"/>		
48. I feel uplifted by my spiritual community		<input type="checkbox"/>					
49. I love my enemies					<input type="checkbox"/>		
50. I feel like I'm chasing my tail, searching endlessly for answers			<input type="checkbox"/>				
51. My faith makes me a successful person		<input type="checkbox"/>					
52. I believe everyone can have the assurance I have in my faith		<input type="checkbox"/>					
53. Sometimes I feel indispensable		<input type="checkbox"/>					
54. I feel deep compassion for all living things					<input type="checkbox"/>		
55. I do God's work without expectation of recognition				<input type="checkbox"/>			
56. I feel lovingly detached from people who can hurt me					<input type="checkbox"/>		
57. I'm in a faith and life crisis and it used to be so clear			<input type="checkbox"/>				
58. I have been immobilized in a faith search for years				<input type="checkbox"/>			
59. I am up against walls which I feel I need to address				<input type="checkbox"/>			
60. I am afraid of God's power	<input type="checkbox"/>						
61. With God's grace I am avoiding situations that make me vulnerable				<input type="checkbox"/>			
62. I believe that I am totally loved and accepted for who I am				<input type="checkbox"/>			
63. I am detached from things, health, happiness					<input type="checkbox"/>		
64. Sometimes I get tired from all the good things I'm doing		<input type="checkbox"/>					
65. I have leadership gifts I am called to use		<input type="checkbox"/>					
66. God is leading me through the dark and I'm afraid				<input type="checkbox"/>			
67. I am wondering a lot about who God is and who I am			<input type="checkbox"/>				
68. I feel my will is being pitted against God's will and I need to face it.				<input type="checkbox"/>			
69. I have spiritual heroes/heroines		<input type="checkbox"/>					
70. I know how to live out the deepest desire of my heart				<input type="checkbox"/>			
71. I am learning to heed and follow the advice of others		<input type="checkbox"/>					
72. I feel like an apprentice in my faith.		<input type="checkbox"/>					
Column Totals							
	A	B	C	D	E	F	G

spiritual life inventory

	1		2		3		4	5
	Not descriptive of me						Very descriptive of me	
73. I see symbols of my faith in all things that I do			<input type="checkbox"/>					
74. I have a calling I would sacrifice everything for if necessary							<input type="checkbox"/>	
75. Faith is more questions than answers for me					<input type="checkbox"/>			
76. I am facing my worst fears						<input type="checkbox"/>		
77. I cannot measure up to God's and other's expectations	<input type="checkbox"/>							
78. I am experiencing the dark night of the soul						<input type="checkbox"/>		
79. I feel my life is nothing but questions					<input type="checkbox"/>			
80. I am totally faithful to God								<input type="checkbox"/>
81. It is my duty to tell others what they need spiritually		<input type="checkbox"/>						
82. I see pain as the major opportunity for spiritual growth for myself and others							<input type="checkbox"/>	
83. I am losing my faith and loyalty					<input type="checkbox"/>			
84. I desire to be in God's will no matter what that brings							<input type="checkbox"/>	
85. I simply know that God is here in my life.	<input type="checkbox"/>							
86. I have no anxiety or fear because my life is in God's hands							<input type="checkbox"/>	
87. I search for outside forces to understand my inner feelings		<input type="checkbox"/>						
88. I have just entered the journey of faith	<input type="checkbox"/>							
89. I am immobilized by my confusion of faith					<input type="checkbox"/>			
90. I am living out God's purpose in my life							<input type="checkbox"/>	
91. I have surrendered to a wiser, more vital Spirit							<input type="checkbox"/>	

Column Totals

SCORING	A	B	C	D	E	F	G
Column totals from page 4							
Column totals from page 5							
Column totals from page 6							
Column totals from this page							
GRAND TOTALS							

spiritual life inventory

PLOTTING AND INTERPRETING YOUR INVENTORY

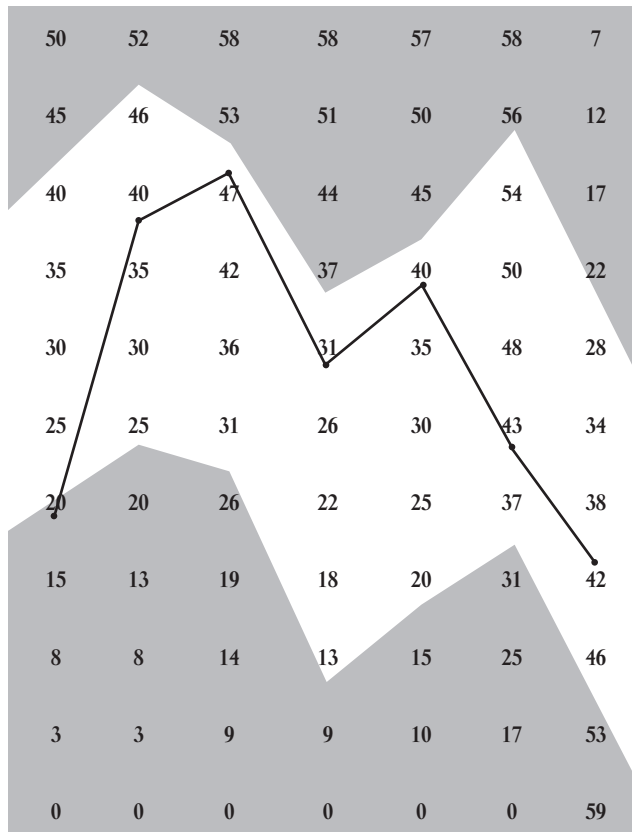
1. Transfer your Grand Totals for A-G from page 7 to the A-G boxes on Your Spiritual Life Inventory, page 9.
2. Plot each number on the grid directly beneath it. Put a dot (•) there.
3. Connect your dots to form a shape (profile) like a mountain peak, valley or slope; see sample below. Your shape may be different than the sample.
4. The highest peak of your mountain shape is your Home Stage where you spend most of your time. Disregard your numbers. Focus only on the shape: the mountain peaks or valleys. Your second highest peak is your second highest stage, third peak is third highest, etc.
5. The white area indicates the range of scores representing 85% of the population. In other words, 85% of the people taking this inventory scored within the white area. If any of your scores fall into the gray areas, it means you feel more strongly or less strongly about that stage of faith than 85% of the population taking this inventory.
6. The shape of your inventory gives you a measure of your Home Stage and your diversity across stages.
7. For more interpretation of the shape of your inventory, turn to pages 10 to 12.

Enter Grand Totals → A 19 B 37 C 48 D 30 E 38 F 42 G 40

Stage 1 Stage 2 Stage 3 Stage 4 Wall Stage 5 Stage 6

Sample

This person's highest peak is Stage 3, their Home Stage. Second highest is Stage 2, third is the Wall, etc.



spiritual life inventory

YOUR SPIRITUAL LIFE INVENTORY

Enter Grand Totals →

Stage 1

Stage 2

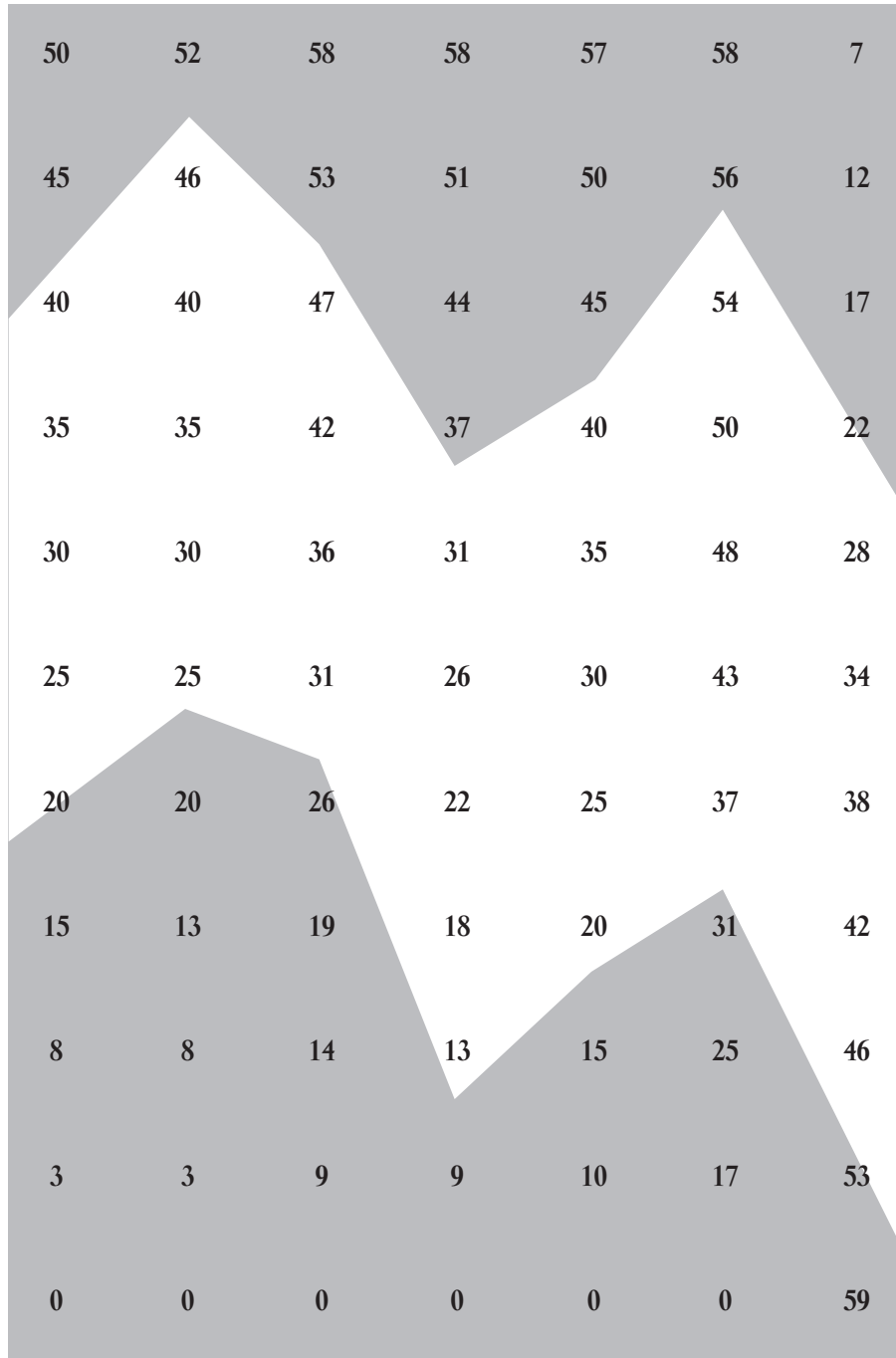
Stage 3

Stage 4

Wall

Stage 5

Stage 6



spiritual life inventory

EXPLANATIONS OF VARIOUS INVENTORIES

Find the inventory with the same mountain peak as yours. (Your shape may not match the example entirely). If you have two peaks, look for the profile with the same two peaks. The description of that inventory may indicate what your score represents. If your inventory looks similar to two descriptions, choose the one that fits you best.



Awe/Need: Peak at Stage 1

You are aware of the utter power and magnificence of God and it fills you with a strong sense of awe or a dire need for a life that depends on God and God's grace. You wonder about your own lack of worth and question whether God can love you at times.



Discipleship: Peak at Stage 2

At this time you are a strong believer in the tenets of your faith, belonging to a community of like-minded believers. You are eager to learn more from your leaders and continue to grow in your faith discipline. You are confident that you have found the right way.



Active Faith Leader: Peak at Stage 3

Your confidence in your faith journey is high and you feel called to give back your gifts to your community in some way. You are either involved in some leadership capacity or you are privately pursuing the ways to live a successful faith life, according to the standards of God and your faith community. Sometimes you get tired or weary as a result of all your hard work.

spiritual life inventory



Inner Reflection, Questioning: Peak at Stage 4

You are embarking on an inner journey sparked by some uncertainty or crisis in your life or in your faith. The faith you had doesn't answer your questions anymore—nothing answers your questions. There are just more questions. Some times you feel the need to find a new way to see God or you long for a new experience of God. Your integrity seems to be on the line. It's all very uncomfortable.



Dark Days of Faith: Peak at the Wall

This pattern could be the signal that you are experiencing the Dark Night of the Soul, a time in which the questions without answers overwhelm you and God seems unwilling to deliver you. You may even question whether God is present during this time. A large crack has opened and you are afraid to move into it yet you come to find out that the crack leads to freedom, however difficult the journey.



Finding Interior Freedom, Living Out Your Passion: Peak at Stage 5

You are aware of the daily call of God in your life now. You have had to face God and give up something that matters a great deal to you in order to live out the spiritual passion planted in you by God. You are aware once again of how dependent—and unconditionally loved you are.

spiritual life inventory



Faith Challenge: Peaks at Stages 1 and 5

Even though you feel you are living out of a deeply felt calling from God, you are questioning something deep within you that seems to be askew in life or with God. You are holding on the memories of a rich inner relationship with God during this time because you are feeling challenged in your previous assumption of unconditional love.



Community Calling: Peaks at Stages 2 and 5

You are involved in a strong community of faith in which it is common to have a spiritual calling or ministry in the world. It is the vital center of the teaching and is the guiding principle of your life. The leaders of the community instruct you as to how to live out your calling and you feel a sense of closeness and belonging in your community of faith.



Confused, In Transition: Peaks at Stages 3 and 4

A real conundrum, because you are actually leading others or are “successful” by your own faith community standards, yet you are questioning inside some basic things that you used to accept without question. You feel like two different people — and it’s troubling.

spiritual life inventory



Zealous: Peaks at Stages 3 and 5

You have a strong desire to live what you see as an ideal and passionate life of faith but the thought of going through a deep questioning time frightens you or seems unnecessary. You are zealous and passionate about your faith and find it difficult at times to live up to what you think you need to be.



Low Interest, or Disengaged: No Real Peaks

This profile indicates a low interest in things of faith and a general lack of involvement in the life of faith. It could signal a depressed state.

spiritual life inventory

STAGES OF THE SPIRITUAL LIFE

	Characteristics	Feelings when stuck at this stage
STAGE 1 Recognition of God <i>Faith is the discovery or recognition of God</i>	A sense of awe A sense of need A natural awareness Greater meaning in life A sense of innocence	Worthlessness Spiritual bankruptcy Martyrdom Ignorance
STAGE 2 The Life of Discipleship <i>Faith is learning about God</i>	Meaning from belonging Answers found in a leader, cause or belief system Sense of rightness Security in our faith	Rigid in righteousness We against them Switchers Searchers
STAGE 3 The Productive Life <i>Faith is working for God</i>	Uniqueness in the community Responsibility Value placed on symbols A spiritual goal reached	Overly zealous Weary in well doing Self-centered Life as performance
STAGE 4 The Journey Inward <i>Faith is rediscovering God</i>	Life or faith crisis Loss of certainties in life and faith A search for direction, not answers Pursuit of personal integrity in relation to God God released from box Apparent loss of faith	Always questioning Consumed by self-assessment Immobilized
THE WALL Our will faces God's Will	Knowing it is time to face the truth Letting God's will be your will Uncovering your deepest secrets, fears, wounds Considering unconditional love Feeling like you are in the muck	Strong egos Self-deprecating Guild/shame-ridden Too much thinking, not enough feeling High achieving Doctrinaire Ordained to be this way
STAGE 5 The Journey Outward <i>Faith is surrendering to God</i>	A renewed sense of God's acceptance A new sense of the horizontal life Sense of calling, vocation or ministry Concern and focus on others' best interests A deep calm or stillness	Seemingly out of touch with practical concerns Apparently careless about "important" things
STAGE 6 The Life of Love <i>Faith is reflecting God</i>	Christ-like living in total obedience to God Wisdom gained from life's struggles Compassionate living for others Detachment from things and stress Life underneath or on top Life abandoned	Separation from the world Neglect of self Apparent waste of life

spiritual life inventory

To Move	Crisis of Movement	Question
Become part of a strong group Let life take on more significance Find a charismatic leader to follow Discover the way	Accept self-worth Reduce isolation	How and when did you first recognize God in your life? (awe or need?)
Recognize uniqueness Identify gifts Recognize contributions Seek responsibility	Take risks Acceptance of gifts	When have you felt a part of a faith or spiritual community?
Lose sense of certainty Experience faith/personal crisis Feel abandoned Look for direction	Let go of success Accept vulnerability	Which of your talents/gifts do you feel good about and are willing to share?
Let go of spiritual ego (self-centeredness) Accept God's purpose for our lives Seek wholeness through personal healing and pilgrimage Be willing to commit to whatever it takes	Find peace through giving up the search for self Allow for new certainty in God Open to the cost of obedience	Has your faith fallen apart? When? Why?
Discomfort Surrender Healing Awareness, forgiveness, Acceptance, love Closeness to God Discernment Melting and molding Solitude and reflection	Fear of being transformed	Can you release your core fear?
No striving, just evolving—growing deeper Seeing God in all of life Being God's person	"Vocation" is satisfying Being whole seems enough	Do you have a glimpse of God's purpose for your life?
		How is God everything to you?

PERSONAL POWER PRODUCT DESCRIPTIONS

TOOLS

Learning Styles Inventory

An instrument to measure individual learning styles. Your learning style is the unique way in which you go about gathering information, sorting it out, and making decisions. You are more likely to find meaning and satisfaction in your life and work if you are aware of your best and most enjoyable style of learning. The four learning styles are Enthusiastic, Imaginative, Logical and Practical.

Learning Styles Inventory-Online

The Learning Styles Inventory is also available in an online, web-based version.

Personal Power Profile

An instrument to measure an individual's stage of personal power. This profile follows the ideas and behaviors described in Janet Hagberg's book *Real Power: Stages of Personal Power in Organizations*. The book describes six progressive stages of personal power: Powerlessness, Power by Association, Power by Achievement, Power by Reflection, (The Wall), Power by Purpose and Power by Wisdom.

Personal Power Profile-Online

The Personal Power Profile is also available in an online, web-based version.

Conflict Resolution Tool

An instrument to measure the way individuals approach conflict. The four conflict styles are asserters, empathizers, analyzers, and harmonizers. A unique feature of this tool is the STOP! model, which teaches a skill that all four styles can use to modify their behavior in conflict and thus be more successful in resolving it.

Spiritual Life Inventory

An instrument to measure an individual's stage of spiritual development. The inventory complements the ideas and behaviors described in Janet Hagberg and Rev. Dr. Robert Guelich's book *Critical Journey: Stages in the Life of Faith*. The book describes seven stages of a person's spiritual life: Recognition of God, The Life of Discipleship, The Productive Life, The Journey Inward, The Wall, The Journey Outward, The Life of Love.

BOOKS

***Real Power: Stages of Personal Power in Organizations* by Janet Hagberg**

A dynamic book about power—real, personal power—for forward looking people and organizations who want to harness their own power for the common good. It takes people on a journey beyond achievement and success to a stance in which power comes from their inner core and they lead from their souls.

***Critical Journey: Stages in the Life of Faith* by Janet Hagberg and Rev. Dr. Robert Guelich**

Their goal is to help us understand where we are on our individual faith journeys and also appreciate where others are in theirs. The *Critical Journey* does not reveal exactly how or when we need to move along in our personal pilgrimages. It describes seven stages of the spiritual journey and illustrates how people act and think while in these stages.

spiritual life inventory

RESOURCES FOR THE INNER LIFE

Scripture as Invitation to the Inner Life

Healing Cards: A personally selected set of 64 scripture cards invite us into a deeper life of faith. Cards are stored in a lovely purple velvet bag.

Going Deeper Retreat Guides

A retreat with Teresa of Avila: What Do You Want of Me? Download this retreat and spend time with a 16th century reformer and woman of deep faith.

A retreat with 5 of the most courageous women in scripture: Tamar, Rahab, Ruth, Bathsheba, and Mary. Find out why they are the only five women in the genealogy of Jesus. Download this retreat.

Poetry For the Inner Life

Conversing with God: 16 Poems for the inner life. Written with real life, real questions, and a heart for God. Janet Hagberg, author.

Icons For the Inner Life

Thin Places: 10 Places in our lives where we get a glimpse of God through insights or events in our daily lives. Images on black paper. Janet Hagberg, iconographer.

Resting in God series: 10 icons depicting the ways in which we rest in God and depend on God's presence. Images on black paper. Janet Hagberg, iconographer.

Books For the Inner Life

Living into the Light: An e-Book of essays about the journey to the heart of God. Download only. Small segments available at reduced prices. Book consists of 36 chapters. Available only at www.janethagberg.com

P³ ORDER INFORMATION
All Personal Power Products are available by:

ORDERING ONLINE: www.personalpowerproducts.com

ORDERING BY PHONE: 763-300-0163

ORDERING BY MAIL: www.personalpowerproducts.com

Download orderform and mail your order and payment to:

Personal Power Products,
1735 Evergreen Lane North,
Plymouth, MN 55441-4102

Questions? Contact info@personalpowerproducts.com

Personal Power Products accepts Credit Cards, Money Orders and Personal Checks