

spiritual personality questionnaire

Marsha Smith

Report

myskillsprofile.com
around the globe

The spq32 questionnaires are copyright MySkillsProfile.com.
MySkillsProfile.com developed and publish the questionnaire and
are the sole suppliers of test materials and software.

Your Spiritual Profile

The Spiritual Personality Questionnaire (SPQ32) is designed to help you understand and explore spiritual qualities and practices in order to become more effective at work and in your personal life.

According to Robert Emmons (The Psychology of Ultimate Concerns, 1999), spiritually competent individuals rise above the physical and material, experience heightened states of consciousness, sanctify everyday experience, utilize spiritual resources to solve problems, and, are virtuous, showing such traits as humility, gratitude, forgiveness and compassion.

The SPQ32 provides a single spiritual competency score giving you a very approximate indication of your current overall competency. This result is based on your total score across thirty-two dimensions measured by the questionnaire. It is based on a ten-point scale linked to percentile scores. The profile chart on the next page shows how you scored on each of the thirty-two dimensions and remainder of the report provides pointers for your spiritual development.

You have scored 3. Roughly speaking, this means you have scored higher than 30 percent of the people who have completed this questionnaire. You appear to have developed your spiritual side to some degree. You come over as a person who engages from time to time in a number of the spiritual practices measured by our questionnaire. If you are looking for inspiration, the remainder of the report provides pointers for developing your spiritual side some of which you may wish to pursue.

Spiritual Personality Questionnaire (SPQ32)

Marsha Smith

		Competency Indicator				
		Slight	Moderate	Average	Good	Excellent
Thoughtfulness	Lends a helping hand, provides encouragement, is polite and courteous					
Integrity	Acts ethically, treats people fairly, fights prejudice and injustice					
Awe	Rejoices in the physical environment, gives thanks for wonders of life					
Splendor	Perceives and appreciates beauty in the environment					
Serenity	Is calm and composed, refrains from aggression and violence, has inner peace					
Vision	Has vision, is an idealist, thinks about what the future may bring					
Change	Is prepared to change ways, believes in being able to continually improve					
Elation	Expresses joy, celebrates successes, displays excitement and animation					
Meaning	Looks for patterns and meaning, expands knowledge and understanding					
Openness	Goes with the flow, keeps an open mind, explores opportunities					
Affection	Shows affection, expresses feelings, loves people the way they are					
Thankfulness	Shows appreciation, does not take things for granted, says thank you					
Empathy	Shows compassion, recognizes others' feelings and emotions, provides a helping hand					
Respect	Honors the earth, respects the countryside, recognizes the sacred					
Learning	Learns new ways of doing things, observes skills of experts, is flexible and receptive					
Imagination	Pictures things in mind, tries to visualize the future, uses imagination					
Reflection	Sets aside time for reflection and contemplation, enjoys silence					
Optimism	Has positive outlook, displays optimism, hopes for best					
Warmth	Warm and friendly, makes people feel at ease, good host, good guest					
Play	Does things for fun, does not take life too seriously, enjoys a good laugh					
Dedication	Enjoys doing devotional acts, makes giving part of daily routine					
Passion	Is passionate, gives one hundred percent, shows enthusiasm and ardor					
Nurturing	Takes good care of self and others, sets aside time for reflection					
Presence	Lives in the here and now, notices the moment, savors the present					
Mystery	Respects the mysteries of life, cherishes the baffling					
Unity	Works for common causes, feels at one with the world, gives back to the community					
Quest	Tries to broaden horizons, likes to ask big questions, travels					
Listening	Listens closely, gives people undivided attention, shows sensitivity					
Forgiveness	Forgives, lets go of the past, does not hold grudges					
Enthusiasm	Displays enthusiasm, hangs in there, gives it all, exudes excitement					
Insight	Learns from mistakes, faces demons, takes responsibility for actions					
Relations	Feels connected to people, enjoys sharing, reaches out to people					

Spiritual Development Framework

The tables below provide behavioral suggestions to help you develop the spiritual side of your personality. The areas that you most need to develop in appear first. Whatever your score, we suggest you take a little time to think about each area and what further things you could do to reach your spiritual potential. Each table provides the following information.

Competency Statement	This is a description of how a person with competency in this area feels and behaves
Your Score	Your current score on the questionnaire based on a comparison of your responses with the responses of other people who have completed the questionnaire
Current Competence	An assessment of your current level of competence
Development Suggestions	Suggested behaviors and practices to help your spiritual development

Spiritual Dimension of Relations

Competency Statement	Feels connected to people, enjoys sharing, reaches out to people
Your Score	1
Level of Competence	Slight
Development Suggestions	Reach out to others Share moments with people Search for connections with people Recognize your role in something bigger than yourself

Spiritual Dimension of Insight

Competency Statement	Learns from mistakes, faces demons, takes responsibility for actions
Your Score	1
Level of Competence	Slight
Development Suggestions	Learn from your mistakes Face your demons Take responsibility for your actions Don't beat yourself up

Spiritual Development Framework

Spiritual Dimension of Enthusiasm

Competency Statement	Displays enthusiasm, hangs in there, gives it all, exudes excitement
Your Score	1
Level of Competence	Slight
Development Suggestions	Throw yourself into things Give it all you have got Let yourself go Hang in there

Spiritual Dimension of Forgiveness

Competency Statement	Forgives, lets go of the past, does not hold grudges
Your Score	1
Level of Competence	Slight
Development Suggestions	Forgive people who hurt you Let go of the past Come to terms with your weaknesses Don't hold onto grudges

Spiritual Dimension of Listening

Competency Statement	Listens closely, gives people undivided attention, shows sensitivity
Your Score	1
Level of Competence	Slight
Development Suggestions	Listen to both sides of every story Listen with your mind and soul Give people your undivided attention Read body language

Spiritual Development Framework

Spiritual Dimension of Quest

Competency Statement	Tries to broaden horizons, likes to ask big questions, travels
Your Score	1
Level of Competence	Slight
Development Suggestions	Broad your horizons Go on a spiritual journey Ask big questions Travel to new places

Spiritual Dimension of Unity

Competency Statement	Works for common causes, feels at one with the world, gives back to the community
Your Score	1
Level of Competence	Slight
Development Suggestions	Demonstrate your solidarity with others Give back to your community Work for common causes See your connection with others

Spiritual Dimension of Mystery

Competency Statement	Respects the mysteries of life, cherishes the baffling
Your Score	1
Level of Competence	Slight
Development Suggestions	Accept that not everything can be rationalized Admit what you don't know Cherish the inexplicable Respect the great mysteries of life

Spiritual Development Framework

Spiritual Dimension of Presence

Competency Statement	Lives in the here and now, notices the moment, savors the present
Your Score	1
Level of Competence	Slight
Development Suggestions	Notice the moment Enjoy the rhythms of the day Treat each day as new Live in the here and now

Spiritual Dimension of Nurturing

Competency Statement	Takes good care of self and others, sets aside time for reflection
Your Score	2
Level of Competence	Slight
Development Suggestions	Take good care of yourself Treat yourself from time to time Set aside time for meditation and reflection Look after other people

Spiritual Dimension of Passion

Competency Statement	Is passionate, gives one hundred percent, shows enthusiasm and ardor
Your Score	2
Level of Competence	Slight
Development Suggestions	Be passionate Give one hundred percent Be ready for anything Be aroused by life

Spiritual Development Framework

Spiritual Dimension of Dedication

Competency Statement	Enjoys doing devotional acts, makes giving part of daily routine
Your Score	2
Level of Competence	Slight
Development Suggestions	Do something devotional every day Think about how to make things better Give your time to other people Find causes to devote yourself to

Spiritual Dimension of Play

Competency Statement	Does things for fun, does not take life too seriously, enjoys a good laugh
Your Score	2
Level of Competence	Slight
Development Suggestions	Don't take yourself too seriously Display a sense of humor Enjoy having a good laugh Sometimes do things just for fun

Spiritual Dimension of Warmth

Competency Statement	Warm and friendly, makes people feel at ease, good host, good guest
Your Score	2
Level of Competence	Slight
Development Suggestions	Be a good host Be warm and genuine Welcome people into your life Make other people feel comfortable

Spiritual Development Framework

Spiritual Dimension of Optimism

Competency Statement	Has positive outlook, displays optimism, hopes for best
Your Score	2
Level of Competence	Slight
Development Suggestions	Display a positive outlook Be hopeful about the future Be optimistic Hope for the best

Spiritual Dimension of Reflection

Competency Statement	Sets aside time for reflection and contemplation, enjoys silence
Your Score	3
Level of Competence	Moderate
Development Suggestions	Use quiet periods to think about things Find time to reflect and meditate Build periods of silence into your daily routine Reflect in quiet times

Spiritual Dimension of Imagination

Competency Statement	Pictures things in mind, tries to visualize the future, uses imagination
Your Score	3
Level of Competence	Moderate
Development Suggestions	Use your imagination Visualize what you want to achieve Picture things in your mind Let your imagination roam

Spiritual Development Framework

Spiritual Dimension of Learning

Competency Statement	Learns new ways of doing things, observes skills of experts, is flexible and receptive
Your Score	4
Level of Competence	Moderate
Development Suggestions	Be humble and receptive Learn by observing the best Seek out new sources of information Continually learn new things

Spiritual Dimension of Respect

Competency Statement	Honors the earth, respects the countryside, recognizes the sacred
Your Score	4
Level of Competence	Moderate
Development Suggestions	Respect the countryside Revere the world Treat people with respect Recognize the sacred

Spiritual Dimension of Empathy

Competency Statement	Shows compassion, recognizes others' feelings and emotions, provides a helping hand
Your Score	5
Level of Competence	Average
Development Suggestions	Let other people's lives touch you Be generous Show compassion Respond to other people's feelings and emotions

Spiritual Development Framework

Spiritual Dimension of Thankfulness

Competency Statement	Shows appreciation, does not take things for granted, says thank you
Your Score	5
Level of Competence	Average
Development Suggestions	Notice the good things Be grateful for what you have Show your appreciation Don't take things for granted

Spiritual Dimension of Affection

Competency Statement	Shows affection, expresses feelings, loves people the way they are
Your Score	5
Level of Competence	Average
Development Suggestions	Show affection Express your feelings for people Love people the way they are Tell people you love them

Spiritual Dimension of Openness

Competency Statement	Goes with the flow, keeps an open mind, explores opportunities
Your Score	5
Level of Competence	Average
Development Suggestions	Go with the flow Keep an open mind Be open to new ideas Welcome new developments

Spiritual Development Framework

Spiritual Dimension of Meaning

Competency Statement	Looks for patterns and meaning, expands knowledge and understanding
Your Score	5
Level of Competence	Average
Development Suggestions	Expand your knowledge Explore your world Look for patterns and meaning Be a student of life

Spiritual Dimension of Elation

Competency Statement	Expresses joy, celebrates successes, displays excitement and animation
Your Score	5
Level of Competence	Average
Development Suggestions	Enjoy other people's happiness Express your positive emotions Celebrate successes and happiness Enjoy your life

Spiritual Dimension of Change

Competency Statement	Is prepared to change ways, believes in being able to continually improve
Your Score	6
Level of Competence	Average
Development Suggestions	Be prepared to change your way of seeing the world Accept change in your life Get in touch with your higher spirit Accept that you can't have everything your way

Spiritual Development Framework

Spiritual Dimension of Vision

Competency Statement	Has vision, is an idealist, thinks about what the future may bring
Your Score	6
Level of Competence	Average
Development Suggestions	Develop a dream of what you want to achieve Be an idealist Think about the future Help spread a vision of the world

Spiritual Dimension of Serenity

Competency Statement	Is calm and composed, refrains from aggression and violence, has inner peace
Your Score	6
Level of Competence	Average
Development Suggestions	Avoid violence Control your emotions Try to find inner peace Stay calm and collected

Spiritual Dimension of Splendor

Competency Statement	Perceives and appreciates beauty in the environment
Your Score	6
Level of Competence	Average
Development Suggestions	Appreciate your surroundings Enjoy the beauty of nature Really look at what is around you Marvel at the beauty everywhere

Spiritual Development Framework

Spiritual Dimension of Awe

Competency Statement	Rejoices in the physical environment, gives thanks for wonders of life
Your Score	7
Level of Competence	Good
Development Suggestions	Rejoice in what is before you Let your senses carry you away Rediscover the mystery of the world Explore nature

Spiritual Dimension of Integrity

Competency Statement	Acts ethically, treats people fairly, fights prejudice and injustice
Your Score	7
Level of Competence	Good
Development Suggestions	Speak up when you see injustice Treat people with dignity Act ethically Oppose prejudice and discrimination

Spiritual Dimension of Thoughtfulness

Competency Statement	Lends a helping hand, provides encouragement, is polite and courteous
Your Score	7
Level of Competence	Good
Development Suggestions	Encourage people Treat people with courtesy Lend a helping hand Give without expecting to receive