

Life Satisfaction & SQ Review: **Are You Living the Life You Want?**

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Are you satisfied with how you're living your life—particularly your SQ (Spiritual Quotient)? We've come a long way since mental IQ was the only type of intelligence we measured. In 1995, Daniel Goleman added another dimension by assessing our EQ or emotional quotient and competencies. Today, Dana Zohar coined the term "SQ" to evaluate our spiritual intelligence and well-being.

Spiritual intelligence describes the way you experience meaning and connection to something larger than yourself. This encounter shapes the way you think, feel and behave. Your spirituality is an inner resource and resiliency that helps make sense of your life and your purpose in the world. This is particularly important when you're faced with troubling situations.

Cindy Wigglesworth, author of a spiritual competency assessment, defines spiritual intelligence as, "the ability to behave with compassion and wisdom (love) while maintaining inner and outer peace regardless of the circumstances." Whatever happens, we know we're not alone because the Great Mystery, we call God, lives within the core of our being.

There are varying levels of physical, mental and emotional fitness--so too, with your spirituality. Your spiritual life is like the Celtic Cross or a Native American Wheel of Life. A vertical and a horizontal line divide the circle into four sections: physical, mental, emotional and actions. Within the center of the wheel is an inner circle, your spirituality that integrates all of these dimensions.

We're human beings, not angels. Your body reflects the handiwork of a Higher Power and must be treated with respect. Are you taking time to nourish and care for your physical well-being?

Your thoughts shape your beliefs and worldview. Since thoughts precede feelings, if you don't like what you're feeling, re-examine what you're thinking. Thoughts are like the steering wheel of a car—they guide where you go. Emotions provide the gas in your engine to get you there. How are you managing our thoughts and emotions? If your emotions are trying to take over the direction of your car, it's time to pull over to a rest area and examine who or what is in your driver's seat. Your SQ is your inner compass and navigational system that guides you to stay on track.

Spirituality is not only your individual relationship with a Higher Power, it also includes a communal dimension. Participating in a larger community provides support, as well as group discernment. Others see your blind spots in ways you can't. A healthy spirituality integrates all the areas of your life and guides you to live life more fully. You're called to be of service in the world in whatever ways best use your gifts.

Assess your level of satisfaction with your life and SQ by completing the quiz below. This will give you an initial peek into your current level of spiritual intelligence.

HOW'S YOUR SPIRITUAL IQ? COMPLETE THIS LIFE SATISFACTION REVIEW

Developed by Susie Weller, M.A. (509) 255-6676, www.susieweller.com

DIRECTIONS: Rate your level of skills & satisfaction in each area: 1 (LOW) to 10 (HIGH)
Notice your strengths and the areas that need extra support.

RATING: PHYSICAL: How do you respect your body?

_____ I'm at a healthy weight for my height and age and eat nutritional foods.
_____ I take care of my body with adequate sleep and exercise.
_____ I avoid/minimally use chemical pleasures--sugar, caffeine, smoke, or drink.

RATING: MENTAL: Are your thoughts & choices supporting the life you want?

_____ I'm aware of how my attitudes and thoughts impact my life and others.
_____ I live with integrity--open to re-framing and learning from all situations.
_____ I'm playful and resilient, focusing my energy to create positive solutions.

RATING: EMOTIONAL: How do you manage your emotions?

_____ I recognize, feel and accept all my feelings. I express them appropriately.
_____ I handle my stress in healthy ways and calm myself as needed.
_____ I fully express my gifts, creativity and all of who I am, wherever I am.

RATING FAMILY: Are you enjoying your family life?

_____ I enjoy quality time with my family and nurture these relationships.
_____ I have reasonable and realistic expectations for myself and others.
_____ I balance my priorities to have the time and energy to do what's most important.

RATING: WORK: Are you expressing your best gifts and creativity at work?

_____ I'm making progress on my goals to create the work and life I want to live.
_____ I relate to others in a respectful way and find ways to serve the larger community.
_____ I make ethical decisions about what I do and how I manage my money.

RATING: SOCIAL: How do you relate to others and serve the community?

_____ I enjoy re-creational activities that renew my energy.
_____ I enjoy nurturing relationships and a sufficient circle of support.
_____ I accept my own and other's limits and set appropriate boundaries as needed.

RATING: PERSONAL/SPIRITUAL: Do you feel connected to a Higher Power?

_____ I take time daily for regular reflection and activities that nourish my spirit.
_____ I feel centered and connected to a deeper Source of guidance and power.
_____ I enjoy meaning, purpose and passion and live out my personal mission.