

Your Spirituality Assessor

(part)

**ASSESSING YOUR PERSONAL SPIRITUALITY QUOTIENT
YOUR SQ**



Your SQ

Human Noetics in Action



Your Spirituality Assessor (part)

Produced
by

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The SQ test is easy!

The next few four pages consist of statements to which you need to say HOW MUCH you agree within a range of possible responses from Strongly Agreeing to Strongly Disagreeing.

A Statement appears in the top left hand corner of the questionnaire, the conclusion of the statement appears in the boxes below. Read each statement completely on its own and tick the box which BEST describes your level of agreement with the complete statement.

When you complete the assessment, add up the ticks in each column and multiply by the score value of that column. For example, ticks in the **Strongly Disagree** column are worth negative 2 (this means you will subtract two points from the total score) and ticks in the **Strongly Agree** column are worth two (2) points. This scoring process will give you a total score for that aspect of the SQ. At the bottom of the questionnaire there is a place to put your scores.

Take the score from each questionnaire and plot them on the Spirituality Diamond. NOTE: HIGHEST SCORES ARE AT THE CENTRE AND LOWER SCORES ARE ON THE OUTSIDE.

Remember, this is only part of the SQ and is no substitute for professional advice nor more detailed analysis.

With respect to taking action, for advice you can contact
Dr. Leigh Kibby on
(+61 3) 5222 7578 or on email to leigh@kinematic.com.au
Dr. Kibby's work is also available at:
<http://www.kinematic.com.au>



Life Meaning

Statement	1	2	3	4	5
Most of the time, I....	Strongly Agree	Agree	You neither agree nor disagree	Disagree	Strongly Disagree
Act according to a set of values					
Use a moral code of conduct					
Think about what values my behaviour will enact					
Talk to others about values and actions					
Challenge unethical behaviour					
Challenge actions that are purely for personal benefit or gain					
Total Number of ticks in each column	x2 =	x 1 =		x 1 =	x 2 =

Score : (Total of first two columns) _____
 SUBTRACT
 (Total of last two columns) _____ = _____
Meaning Score



Life Purpose

Statement	1 Strongly Agree	2 Agree	3 You neither agree nor disagree	4 Disagree	5 Strongly Disagree
The activities where I spend most of my time, apart from sleep and recreation, produce outcomes which are					
Ethical					
Moral (meets what you see as moral imperatives such as caring about human life; being fair; is compassionate etc)					
Important to the community in which I live.					
For the betterment of the community in which I live.					
For more than commercial gain					
Sustainable (if unsure, use your best judgement based on what you think OR refer to the Sustainability Diamond available from http://www.kinematic.com.au in the "FREE Downloads" section)					
Total Number of ticks in each column	x2 =	x 1 =		x 1 =	x 2 =

Score : (Total of first two columns) _____
 SUBTRACT
 (Total of last two columns) _____ = _____
 Purpose Score



Your SQ Life Destiny

Human Noetics in Action



Statement	1 Strongly Agree	2 Agree	3 You neither agree nor disagree	4 Disagree	5 Strongly Disagree
I have a vision that I am seeking to fulfil					
My vision is aligned with my work-life					
My vision is aligned with my community activity					
My vision helps my loved ones achieve their visions					
My vision helps my community achieve its visions					
The fulfilment of my vision will enrich my community/society					
Total Number of ticks in each column	x2 =	x 1 =		x 1 =	x 2 =

Score : (Total of first two columns) _____
 SUBTRACT
 (Total of last two columns) _____ = _____
 Destiny Score



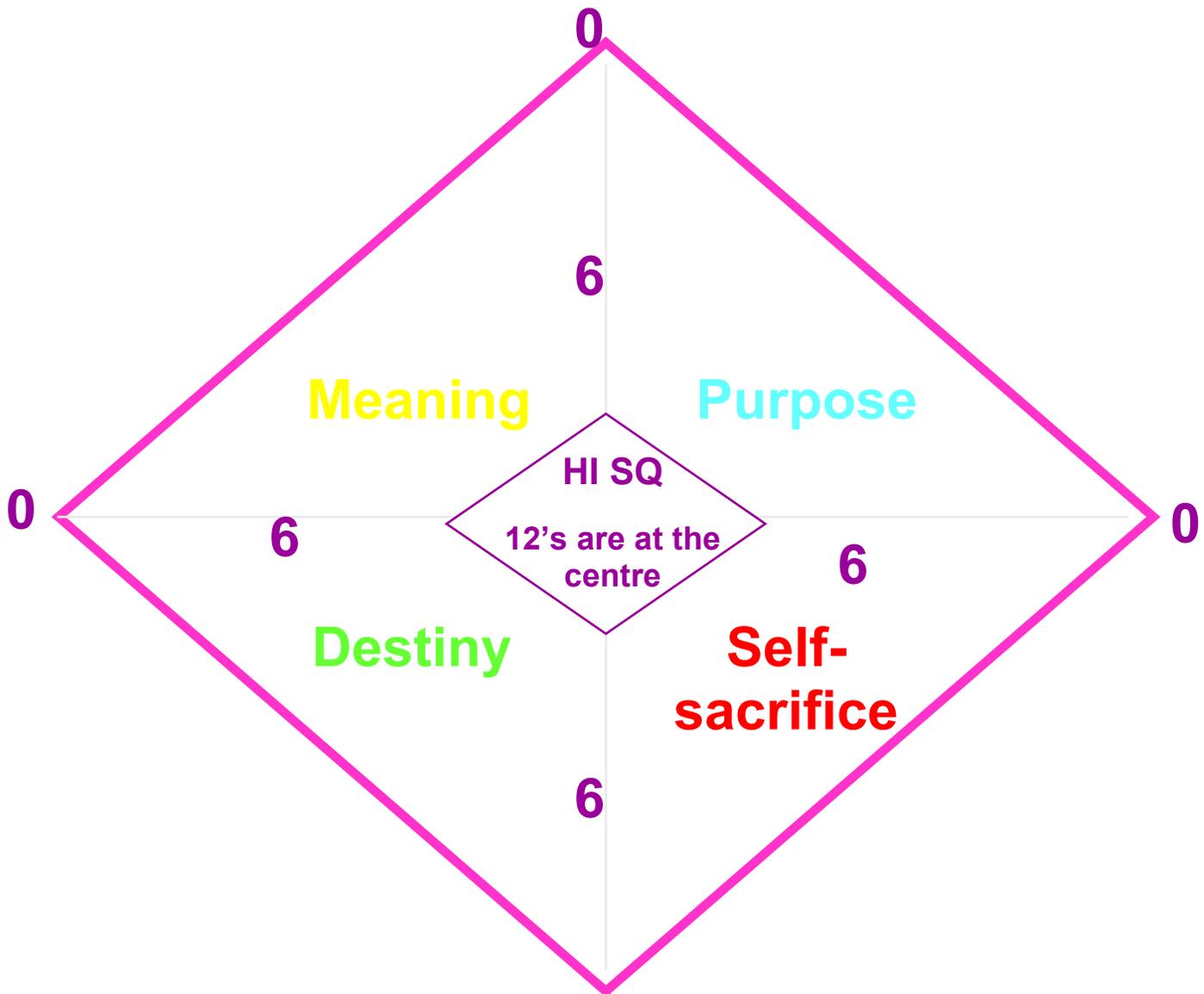
Self-sacrifice

Statement	1	2	3	4	5
I	Strongly Agree	Agree	You neither agree nor disagree	Disagree	Strongly Disagree
...readily contribute time and effort to pursuits that provide me with no benefit					
...readily contribute time and effort to those I love					
...readily contribute time and effort to my community					
...readily contribute time and effort to charities					
...readily help people I do not know					
...readily contribute time and effort doing things fore the benefit of others that no-one other than the person(s) I help would know about					
Total Number of ticks in each column	x2 =	x 1 =		x 1 =	x 2 =

Score : (Total of first two columns) _____
 SUBTRACT
 (Total of last two columns) _____ = _____
 Self-sacrifice Score



Now, plot your results on the Spirituality Diamond below and see where you fits based on your perceptions of yourself.



WHAT TO DO NOW????

For guidance and consider getting professional help go to <http://www.kinematic.com.au>