Spiritual Performance Matrix

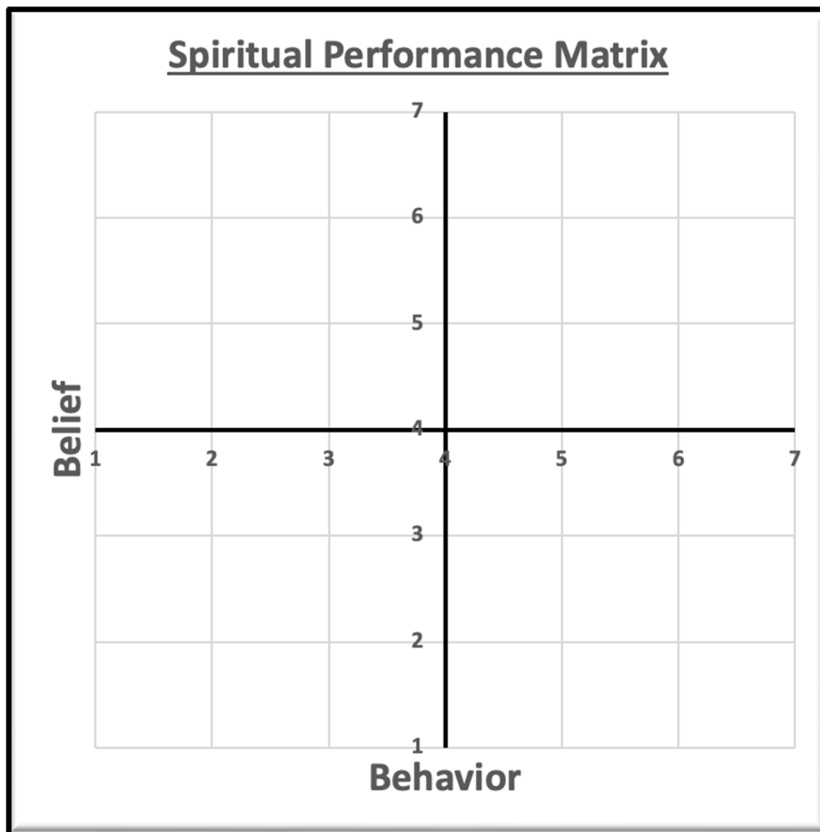**Name:**

	Question	Strongly Disagree	Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Agree	Strongly Agree
1	My life experiences have affected my spiritual/core beliefs in a positive way.	O	O	O	O	O	O	O
2	My spiritual/core beliefs are the critical factor in my daily life and decision-making.	O	O	O	O	O	O	O
3	My spiritual/core beliefs give meaning and explain "why" when negative things happen in my life.	O	O	O	O	O	O	O
4	I would rather give up my life than compromise or violate my spiritual/core beliefs.	O	O	O	O	O	O	O
5	I belong to a faith community or meet regularly with others of similar spiritual/core beliefs for the purpose of deepening those beliefs.	O	O	O	O	O	O	O
6	My spiritual/core beliefs provide satisfactory answers to life's BIG questions (meaning/purpose of life, how I deal with death, why is there evil, why do I exist?).	O	O	O	O	O	O	O
7	When others around me are going through a difficult time, I use my spiritual/core beliefs to encourage and support them.	O	O	O	O	O	O	O
8	I often turn to spiritual leaders, friends, or communities in times of trouble or significant stress.	O	O	O	O	O	O	O

	Question	Never	Once a Year	2-6 Times a Year	Once a Month	2-3 Times a Month	Once a Week	2-3 Times a Week
9	How often do you gather together with other people for positive/spiritual activities (i.e. attending religious services, volunteering in the community, attending positive family events, etc.)?	O	O	O	O	O	O	O
10	How often do you engage in activities that build the human spirit (i.e. prayer, meditation, fasting, listening to inspirational music, nature, journaling, giving to charity, etc.)?	O	O	O	O	O	O	O

Self-scoring instructions

Answer values: Strongly Disagree- 1; Disagree- 2; Somewhat Disagree- 3; Neutral- 4, Somewhat Agree- 5; Agree- 6, Strongly Agree- 7

1. **Calculate Inward Belief score:** (Q1___+Q2____+Q4____+Q5____+Q6___+Q7____ /6 = _____)
   -Peer cutoff scores: Top 75th Percentile: 6.33; 50th Percentile: 4.40; 25th Percentile: 4.17
2. **Calculate Outward Behavior Score:** (Q3____+Q8____+Q9____+Q10____ /4 = _____)
   -Peer cutoff scores: Top 75th Percentile: 6.00; 50th Percentile: 4.78; 25th Percentile: 3.00
3. **Plot your overall scores on the grid below:** (count from left for inward belief and from bottom for outward behavior)
4. **Use legend below for interpretation of scores**

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Belief (vertical axis): 1, 2, 3, 4, 5, 6, 7
Behavior (horizontal axis): 1, 2, 3, 4, 5, 6, 7

This graph is a representation of your current level of spiritual performance based on inward beliefs and outward behaviors. Below is a general overview of possible focus areas to increase spiritual performance based on your results. The following sheets provide more detail on spiritual performance focus areas.

-Top Right Quad: Continue a balanced approach to increasing individual spiritual performance, continuing to improve inward belief and outward behavior evenly.
-Top Left Quad: Consider working on developing inward belief to deeper core beliefs, identity, and purpose; maintain positive outward behaviors.
-Bottom Right Quad: Consider focusing effort on developing positive outward behavior patterns; maintain positive inward beliefs.
-Bottom Left Quad: Individuals within this quad may be experiencing significant depression, anxiety, moral injury, or suicide ideations. If these are characteristic of how you feel, speak with your Chaplain immediately and confidentially. If this is not descriptive of you currently, initiate a balanced approach to increasing spiritual fitness.

<u>**Spiritual Performance Focus Areas**</u>

Not sure where to begin increasing your spiritual performance? These focus areas may guide your journey!

Inward Belief: This area focuses on resources to increase one's fundamental knowledge related to their core beliefs, values, self-awareness, and experiences that inform an individual's behaviors and actions. The focus is inward, developing your spiritual core which provides stability and resilience in times of difficulty.

-<u>Core Values/Beliefs (Spiritual and Religious):</u> This area includes resources on deepening one's individual spiritual/core beliefs through general and faith specific resources (i.e. Bible Studies, devotionals, sacred text readings/commentaries, basic "doctrine cheat sheets", etc.)

-<u>Moral Leadership:</u> This area focuses on resources critical to the foundation of moral leadership and development from both a spiritual perspective.

-<u>Character Building/Army Values:</u> This area focuses on our common values as an Army and how to cultivate these values into our daily lives and their intersect with a spiritual/faith perspective.

-<u>Mindfulness/self-awareness:</u> This area focuses on resources related to being present in the moment, mindful of one's self and others, and the ability to slow down and reflect.

-<u>Meaning and Purpose:</u> This area is centered on helping individuals answer the question of "why" from various perspectives (i.e. existential meaning, professional meaning, purpose of individual within a family or community, etc.)

Outward Behavior: This focus area provides resources that promotes positive behaviors that impact decision-making, healthy relationships, and living with purpose and meaning. The focus of this category is outward, providing "muscle-memory" in times of difficulty, increasing personal gratitude and sense of connectedness with others.

-<u>Service to others:</u> This area is focused on ways to serve others, the positive impacts of service, and links/resources to various service opportunities.

-<u>Forgiveness:</u> This area provides resources on the "what" and "how" of forgiveness, both in order to forgive others as well as one's self.

-<u>Spiritual Disciplines:</u> This area will provide tangible "how to" on various spiritual disciplines both in general (i.e. meditation or journaling) as well as faith specific (i.e. Prayer from a Christian, Jewish, Muslim, etc. perspective).

-<u>Healthy Relationships:</u> This area provides helpful relationship techniques (communication, conflict management, active listening, team building, etc.) in order to improve one's both personal and professional relationships.

-<u>Ethical Decision-Making:</u> This area provides material to assist developing ethical decision-making from a variety of methods, to include vignettes, decision-making models, articles, and training plans.

<u>-Faith Community Engagement:</u> This area provides connection to faith communities and demonstrates the value of being connected to a like-minded group in order to promote healthy accountability, spiritual growth, and development utilizing various resources (links to online religious services, groups, communities, articles on the benefits, etc.)