

SPIRITUAL LIFE INVENTORY

A GUIDED JOURNEY OF SELF-REFLECTION

Explore your beliefs, values, practices, relationships, experiences, and the ways your spiritual life has changed over time.

An inclusive resource for people of every faith, multiple faiths, and no religious affiliation.

Rev. Dr. Austin English

draustinenglish.org

Your Spiritual Story

An invitation to notice the beliefs, experiences, and relationships that have shaped your inner life.

What is a spiritual life inventory?

A spiritual life inventory is a guided exploration of your lived experience. It is not a test, a measure of religious devotion, or an assessment of whether your beliefs are correct. Spirituality can include questions of meaning, connection, belonging, mortality, and existence, with or without religious belief.

How to use this booklet

- 1 Work through the pages in any order and at your own pace.
- 2 Write only what feels comfortable; unanswered questions are welcome.
- 3 Return to earlier answers as your understanding changes.
- 4 Notice patterns without judging yourself or comparing your path with another person.

A NOTE ON SCOPE

This is an educational and reflective resource, not a clinical screening tool, diagnosis, or substitute for mental health care.

My Spiritual Story

Every spiritual life has a history, including seasons of curiosity, certainty, change, and questioning.

What were my earliest experiences of religion, spirituality, wonder, or life's deeper questions?

Who or what most influenced my early understanding of the sacred, the world, or my place in it?

Which parts of that early understanding remain meaningful to me today?

Beliefs & Questions

Your beliefs may be settled, evolving, contradictory, or difficult to name. All are worth exploring.

What do I currently believe, suspect, or wonder about the nature of life and reality?

What place, if any, do God, the sacred, nature, or transcendence have in my worldview?

Which questions am I comfortable leaving unanswered? Which questions remain difficult?

Values & Meaning

Consider what guides your choices and makes life feel significant.

What five values matter most to me right now?

When have I felt that my life or actions were especially meaningful?

Where do my daily choices align with my values? Where do they feel out of alignment?

Practices & Rhythms

Spiritual practices can be formal or ordinary: prayer, meditation, study, creativity, service, rest, or time outdoors.

What practices, rituals, or habits help me feel grounded, connected, or attentive?

Which practices feel life-giving? Which feel obligatory or no longer fit?

What kind of rhythm would I like to make room for in my everyday life?

Connection & Belonging

Spiritual life is shaped by the relationships and communities in which we are known and welcomed.

Where do I experience genuine connection—with people, nature, myself, or the sacred?

Where do I feel free to be fully myself? Where do I feel unseen or excluded?

What boundaries, relationships, or communities might need attention?

Experiences & Change

Some moments deepen our convictions; others unsettle them. Both can shape our spiritual lives.

What experiences have significantly changed how I see myself, others, or the world?

How have joy, loss, grief, uncertainty, or transition influenced my spiritual understanding?

What have I outgrown, and what new possibilities have emerged?

My Current Season

Notice where you are today, without demanding that your life look different.

What feels nourishing, hopeful, or alive in my spiritual life at present?

What feels unresolved, strained, distant, or neglected?

How do I currently relate to meaning, connection, belonging, mortality, and existence?

Integration & Intention

This final page is not a plan for perfection. It is a space to name what you want to carry forward.

What three insights stand out from completing this inventory?

What would I like to explore, release, nurture, or understand more deeply?

What is one small, compassionate step I could take in the coming weeks?

You do not need to arrive at a final answer. A spiritual life is lived, questioned, and rediscovered over time.

The Story Continues

Your spiritual life is more than a list of beliefs or practices.

It is the unfolding relationship between who you have been, who you are, and the questions and connections that shape your experience of being alive.

A final reflection

If I could speak compassionately to myself about my spiritual journey, what would I say?

CONTINUE THE CONVERSATION

For more educational resources and information about interfaith spiritual counseling, visit draustinenglish.org.

Rev. Dr. Austin English

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