**Personal Reflection**

Take a moment to assess your own spiritual wellness by asking yourself the following questions.

* What gives my life meaning and purpose?
* What gives me hope?
* How do I get through tough times? Where do I find comfort?
* Am I tolerant of other people’s views about life issues?
* Do I make attempts to expand my awareness of different ethnic, racial and religious groups?
* Do I make time for relaxation in my day?
* Do my values guide my decisions and actions?