



▲ SPIRITUAL
INVENTORY ▼

Getting to know yourself deeper!

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What is a Spiritual Inventory?

It is an accounting of your spiritual life, and those things which affect your life in a spiritual way. This will include spiritual gifts/talents, spiritual activities, spiritual practices, and spiritual states of being.

This can be divided into two main sections: Outward Life and Inward Life. Although there will be much overlap between the two, they tend to be distinct in approach. You may want to define a third more specific category: Spiritual Gifts.





I. Outward Spiritual Life

The Outward Spiritual Life primarily deals with community and how you interact with your community. The primary question to ponder is:

How do I display my spirituality to the world around me?

Additional questions are:

Are you involved in a faith or spirit based communities? What is your involvement level? What activities do you participate in?

Do you reflect your spirituality in the way you dress? In how you speak? In how you treat others?

Does your spirituality inform and promote a certain moral outlook on life? How does that shape your relationships to others? Does forgiveness and thankfulness play a part in that framework?





II. Inward Spiritual Life

The Inward Spiritual life primarily deals with the inner spiritual world of the participant, your inner spiritual world. The primary question to ponder is:

How am I growing spiritually in my life?

The inner life is most often fed with spiritual practices such as prayer, meditation, devotional reading, scripture reading, tarot reading, I Ching, spiritual art making, and many others. What practices and activities do you use to fulfill your inner spiritual life? How do these activities feed your inner life?





III. Spiritual Gifts

Spiritual gifts may be special or learned talents. For some people these may be accessing your “clairs”, teaching, prophecy, leadership, healing, special knowledge, insights or wisdom, and many other gifts. Each spiritual tradition has a list of gifts. The primary question to ponder is:

What is my main spiritual gift, and how do I use it?

Many people will have multiple gifts and will use them in a variety of ways.

Think about each gift and how you use it in your own life and in your community. Do you have one gift which is stronger than others?

Some gifts are for Inward Spiritual Life and some are for Outward Spiritual Life.

Where does your gift, or set of gifts, work best? Do you actively use your gifts?





Performing a Spiritual Inventory

A proper spiritual inventory can take some time and requires much reflection on your life. There are a few questions which have already been presented upon which you can begin the process. I have listed those questions and added more to them here below. Take time to reflect upon each question and answer it honestly. This is only for your viewing. There is an alternative method given after the questions section.





Questions on the Outward Spiritual Life: How do I display my spirituality to the world around me?

1. Are you involved in a faith or spirit based community?
2. What is your involvement level?
3. What community activities do you participate in?
4. Are you a leader in the spiritual/faith community?
5. Is the community important to you?
6. Does it help to define your spiritual expressions?
7. Do you reflect your spirituality in the way you dress?
8. Do you reflect your spirituality in how you speak?
9. Do you reflect your spirituality in how you treat others?
10. Does forgiveness and thankfulness play a part in that framework?
11. Are there hurts and wrongs done to you for which you need closure to move forward?
12. Have you hurt other and need to seek forgiveness in order to move forward?
13. What are the things you are thankful for?
14. How do you express thankfulness?
15. Does your spirituality inform and promote a certain moral outlook on life?
16. How does that shape your relationships to the world at large?
17. Are you faithful to your spirituality? Or do you hide it from others?





Questions on the Inward Spiritual Life: How am I growing spiritually in my life?

1. What practices and activities do you use to fulfill your inner spiritual life?
2. Do you have an altar, prayer room or special place in your home where you spend time in/with spirit?
3. How often do you spend time on inner spiritual practices?
4. Have the practices changed over the years?
5. Have you discovered new practices?
6. When was the last time you tried a new spiritual practice?
7. How do these activities feed your inner spiritual life?
8. Do you have outward practices which also feed your inner life, such as working with those in need?
9. If you miss time connecting with spirit, how does that affect your outlook on life?
10. How do you balance “spiritual time” and “life time?”





Questions on the use of Spiritual Gifts: What is my main spiritual gift, and how do I use it?

1. Do you have one gift which is stronger than others?
2. Some gifts are for Inward Spiritual Life and some are for Outward Spiritual Life. Where does your gift, or set of gifts, work best?
3. Do you actively use your gifts?
4. In what capacity do you use your gifts?
5. If your spiritual gifts are part of your profession (i.e. medium, Minister, etc) how do you keep “work” separate from your “spiritual life?”
6. How do you maintain boundaries?





Another Spiritual Inventory Method:

Answering questions may not work for everyone. Another method, after reading the questions so they are in your head, is to move through your day, taking note of spiritual moments you may have. You may make a mental note, or write an actual note. At the end of the day reflect upon those notes. Do the same thing for a week to ten days. Reflect upon that time, looking for patterns and insights into your spiritual life. This will be more organic and less organized, but just as powerful.

