

Spiritual Agility Quiz (10 Questions)

Q1 – Spirit & Self (Divinity)

When life gets noisy and overwhelming, what do you do first?

- a) Pause and listen inward for guidance.
- b) Seek advice from others before deciding.
- c) Keep pushing forward without stopping.

Q2 – Action (Discipline)

How consistent are you with daily practices (journaling, meditation, exercise, prayer, etc.)?

- a) Very consistent—I treat them as non-negotiables.
- b) I try, but often skip when I get busy.
- c) Rarely—I rely on bursts of motivation.

Q3 – Challenge (Discovery)

When faced with discomfort or failure, how do you respond?

- a) I lean in—it’s an opportunity to grow.
- b) I get discouraged but try again later.
- c) I avoid situations that might expose me to failure.

Q4 – Reflection (Dharma)

How often do you pause to check if your actions align with your deeper purpose?

- a) Regularly—I build reflection into my routine.
- b) Occasionally, when something big happens.
- c) Rarely—I’m too focused on doing.

Q5 – Evolution (Integration)

When you revisit old challenges or lessons, what happens?

- a) I see new insights and apply them at a higher level.
- b) I sometimes repeat mistakes before learning.
- c) I feel stuck in the same patterns without much change.

Q6 – Devotion (Flow)

What keeps you going during long journeys of growth?

- a) Love, values, and inner joy guide me.
- b) Discipline and external accountability.
- c) Pressure, deadlines, or fear of failure.

Q7 – Spirit & Self (Divinity)

Which statement feels most true for you?

- a) I know my deeper self beyond titles, roles, or labels.
- b) I’m exploring who I really am.
- c) I mostly identify with my external roles and achievements.

Q8 – Action (Discipline)

When building a new habit, what’s your usual approach?

- a) Start small, stay consistent, and let it grow.
- b) Go big at first, then taper off.
- c) Wait until I “feel ready,” often delaying action.

Q9 – Challenge & Reflection Combined

When you receive honest feedback from others, what’s your reaction?

- a) I welcome it as a mirror for growth.
- b) I feel defensive at first, but later reflect on it.
- c) I avoid or dismiss feedback—it feels uncomfortable.

Q10 – Evolution & Devotion Combined

Which best describes your growth journey so far?

- a) A spiral—I revisit lessons with deeper awareness each time.
- b) A stop-start process, with progress but also long pauses.
- c) A loop—I feel like I keep repeating the same struggles.

🌟 Scoring Idea:

- Mostly **A’s** → Spiritually Agile: You flow with SACRED balance and embody transformation.
- Mostly **B’s** → Awakening Explorer: You’re on the path—strengthen consistency and deeper reflection.
- Mostly **C’s** → Hidden Potential: Your growth is waiting—small actions and self-inquiry can spark transformation.