

# FAITH & SPIRITUALITY

## *Deepening Connections And Finding Purpose*

|   | YES                      | NO                       |
|---|--------------------------|--------------------------|
| 1 Do you engage regularly in practices that align with your spiritual beliefs?                      | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 Have you found a community that shares your spiritual values and supports your spiritual growth?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 Do you dedicate time regularly for prayer, meditation, or other spiritual activities?             | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 Are you aware of the core teachings and texts that form the basis of your spiritual beliefs?      | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 Do you feel that your spiritual practices positively impact your mental and emotional well-being? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6 Have you explored different spiritual traditions or practices to enrich your understanding?       | <input type="checkbox"/> | <input type="checkbox"/> |
| 7 Do you have a mentor or spiritual leader who guides you in your faith journey?                    | <input type="checkbox"/> | <input type="checkbox"/> |
| 8 Are you comfortable discussing your spiritual beliefs and experiences with others?                | <input type="checkbox"/> | <input type="checkbox"/> |
| 9 Do you incorporate your spiritual beliefs into your daily decision-making processes?              | <input type="checkbox"/> | <input type="checkbox"/> |
| 10 Do you feel a sense of fulfillment and purpose from your spiritual life?                         | <input type="checkbox"/> | <input type="checkbox"/> |

**QUESTIONS? CONTACT YOUR FINANCIAL ADVISOR**



THE CENTER FOR  
RETIREMENT READINESS

### **What Your Answers Might Mean:**



**7–10 Yes Answers:** Strong Spiritual Foundation. You have a solid connection to your faith or spiritual beliefs, which provides significant meaning and guidance in your life.



**4–6 Yes Answers:** Developing Spiritual Path. You are on your way to deepening your spiritual understanding, but further exploration and commitment might enhance your experience.



**0–3 Yes Answers:** Opportunity for Spiritual Growth. It may be beneficial to more actively seek spiritual engagement and community to find deeper meaning and purpose in your life.