

	Spectra Purple Spiritual Wellbeing Questionnaire		
	Identifying Development Needs	True	False
1	I am a free spirit		
2	I have the inner strength to cope with difficult situations		
3	I have high self esteem and self belief		
4	I am able to express my inner voice and stand up for what I believe to be right		
5	I am able to forgive (others and myself)		
6	I believe in my own worth and have self confidence		
7	I have clear principles, values and beliefs		
8	I listen to my inner voice and wisdom		
9	I understand the contribution I make to society		
10	I have a clear sense of personal purpose and direction		
	Total		
	My Personal Development Needs		