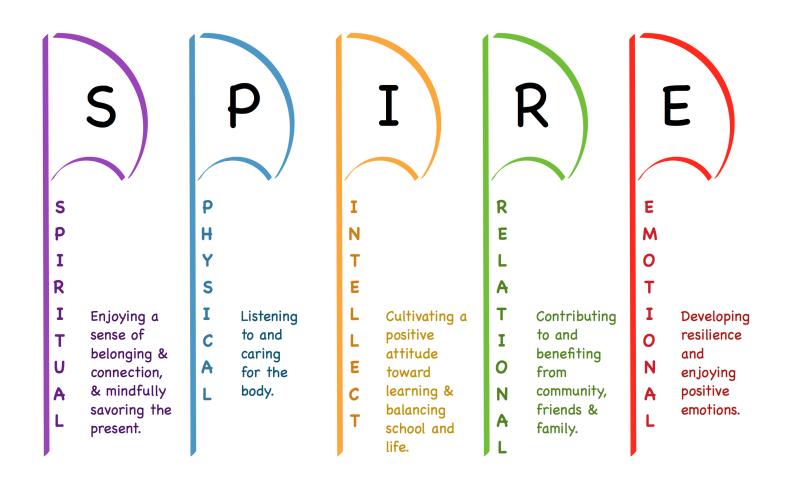
IN ADDITION to your physical, outside self, you have a deep and complex inner self. It's important for you to know what's going on with that inner self. Only you are capable of knowing how you really feel and how you're doing. In order to get a clear picture of your "status" and where you are as your whole self, you'll need to take a deep peek at your inner world. The SPIRE Check-in is a helpful tool to do a personal "status update" on all levels of your being.

Memorize what the SPIRE acronym stands for. In moments when you're clouded by feelings of doom and gloom or you're anxious or completely frazzled, you can do a mental run-through of each letter, asking yourself how you are in each area. As you practice it, it'll become second nature to you. It'll be quick, like the blink of an eye, so you can get on with being happy and enjoying the fun and goodness of living life.



## Personal Experiment

Rate yourself from 1-10 in each area of S-P-I-R-E, 10 being excellent and 1 being poor. As you take a look at the parts of you that make up the whole, you'll see what's working and going well. You'll also see what part(s) of you need(s) a little attention.



When you check-in, take a moment to expand into and celebrate what's working, what's propelling you toward contentment and the achievement of your goals.

Then, spend a little time considering actions you could take to raise the part(s) that are

in a bit of a slump. What can you do to boost yourself in this (these) category(ies), even if only slightly?