

inSPIRE

Self Check-in

Short Version

Look **INSIDE** yourself and ask "How am I doing?"
Rate yourself 1-5, 5 being excellent, in the **SPIRE** areas. Jot down a few key words for each area, or layer, of yourself and explore a bit deeper.

☆☆☆☆☆ **S** _____

☆☆☆☆☆ **P** _____

☆☆☆☆☆ **I** _____

☆☆☆☆☆ **R** _____

☆☆☆☆☆ **E** _____

What are your thoughts about the inSPIRE Check-in?

When and how can you apply the inSPIRE to your own life?

With your family, friends, or classmate?