



Tool for Personal Growth: Self-Assessment of Spiritual Integrity

Here is a practical and introspective self-assessment tool to help evaluate spiritual integrity (i.e., alignment between your inner values, beliefs, and outer actions in spiritual or moral contexts). These questions are designed for honest reflection, not judgment.

Please go through the questions slowly and note your answers in your spiritual journal. The goal is not perfection but awareness, honesty, and inner growth.

Please rate each item on a 3-point rating scale:

1. **Consistently “Yes”**
2. **Sometimes “Yes”**
3. **Rarely or never “Yes”**

1. Alignment Between Beliefs and Actions

- Do my daily actions reflect the values and principles I claim to hold?
- When I speak about spiritual or moral ideals, do I practice them privately as well?
- Have I ever used spiritual language or authority to manipulate or elevate myself over others?

2. Consistency in Private and Public

- Am I the same person when no one is watching?
- Do I behave differently depending on who I'm around, especially when it comes to moral or spiritual behavior?
- Do I act with integrity when it's inconvenient, uncomfortable, or costly?

3. Humility and Self-Honesty

- Can I admit when I've been wrong or hypocritical in my spiritual walk?
- Do I feel the need to appear “more spiritual” than I am?
- Am I open to correction or feedback, especially from people I trust?

4. Motivation and Intent

- Why do I pursue spiritual practices out of love and growth, or guilt and image?
- Do I help others from a place of compassion, or from a desire to be admired or seen as virtuous?



- Am I more concerned with being “right” or being kind?

5. Integrity in Relationships

- Do I treat others with the same grace and patience I expect from them?
- Have I used spiritual teachings to judge, control, or alienate others?
- Am I honest and authentic in my spiritual communities, or do I hide parts of myself?

6. Accountability and Growth

- Do I regularly reflect on how I’m living and where I may be out of alignment?
- Is there someone I trust who can honestly hold me accountable?
- When I notice a disconnect between belief and behavior, do I take steps to realign?

7. Fruits of Spiritual Practice

- Is my spiritual life producing greater compassion, patience, humility, and peace?
- Do others feel safe, respected, and seen in my presence?
- Would someone unfamiliar with my beliefs be able to see their effects through how I live?

Interpretation of the Overall Response Pattern

- If most responses are **consistently “Yes,”** you demonstrate high spiritual integrity but should stay vigilant against complacency or subtle ego traps.
- If your responses mostly show **sometimes “Yes,”** you are in a growth process. Identify the specific conditions or patterns where the inconsistency arises. Reflect on what blocks you from acting in alignment. Consider practices that help build resilience or clarity in those moments (e.g., journaling, meditation, accountability, or setting boundaries).
- If there are frequent **Rarely or never “Yes,”** this is not a failure, but an invitation to deeper self-honesty, healing, and alignment. Approach this area with compassion. Everyone has blind spots or wounds that influence behavior. Reflect on your values and the choice of actions. Consider seeking spiritual direction from the Guru to address the deeper cause. Set small, specific intentions to move toward greater alignment with awareness.