



# Spiritual Health Framework

The following is a brief introduction to Thrive's Spiritual Health Framework. The questions in each facet are for your reflection and journaling. To learn more, visit our new website.

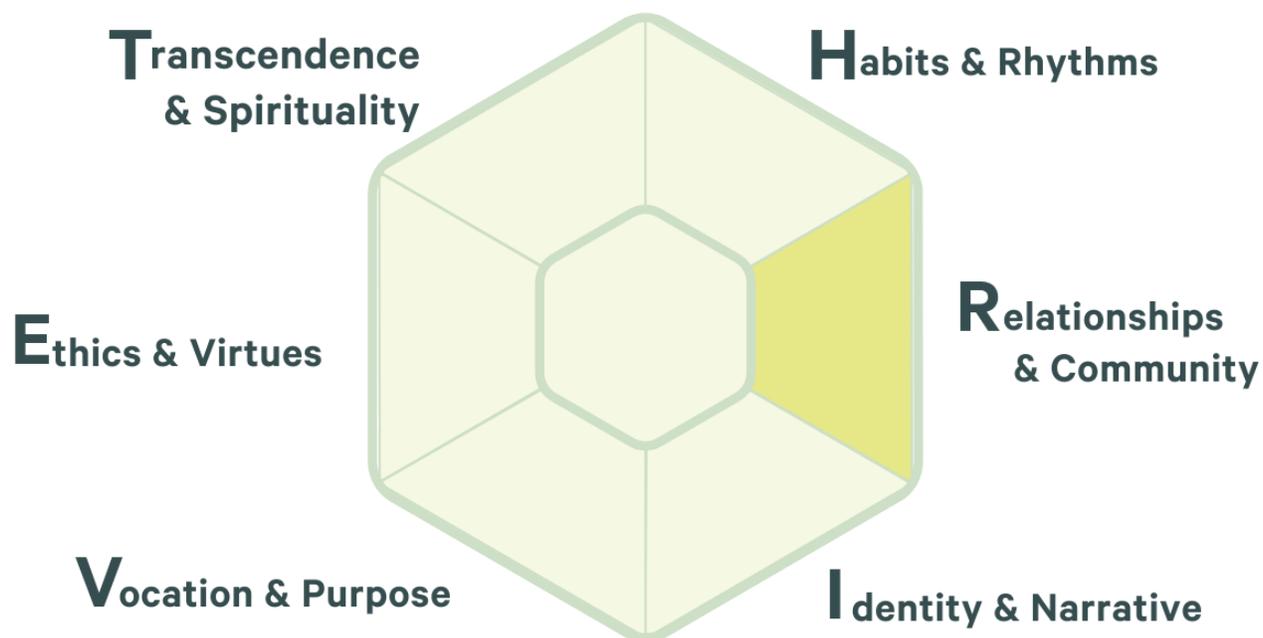
## Why spiritual health?

- Over two decades of research reveal psychological benefits available through religion and spirituality. However, not all spirituality is healthy.
- A framework for spiritually-engaged practitioners and leaders to access and engage the psychological resources within religion & spirituality.

## What is thriving?

Thriving is growing into one's strengths with and for others.

# THRIVE Spiritual Health Framework

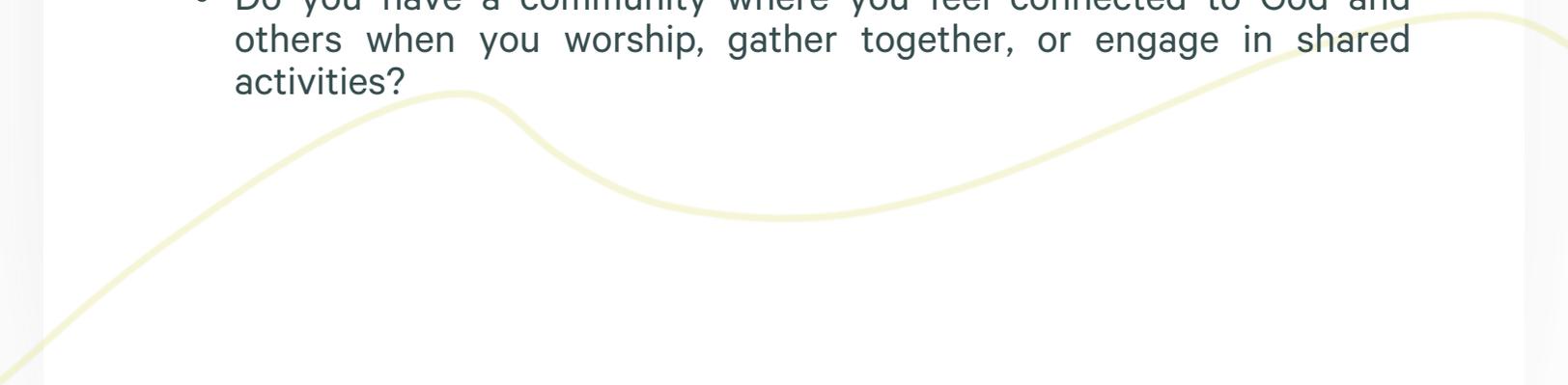




Body

# Transcendence & Spirituality

Awareness of and connection to a source of invigorating love that inspires purpose.

- Do you have an awareness of a connection to God or a force of love beyond yourself? When and how do you tend to be aware of this sense of connection? What are the beliefs and emotions that accompany these experiences?
  - Do you feel awe, gratitude, joy, hope, or a sense of elevation when in nature or when experiencing God, beauty, or art? What physical sensations accompany these feelings for you (Ex., a pit in your stomach, tears, laughter)?
  - Do you have a community where you feel connected to God and others when you worship, gather together, or engage in shared activities?
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# Habits & Rhythms

Healthy spiritual practices and regular rhythms that allow us to slow down to gain insight, connect to love, and energize into purposeful endeavors.

- What spiritual practices connect you to your sources of love and transcendence? What spiritual practices connect you to others or a community?"
  - Do you have practices that draw attention and connection to your body and emotions? What are your habits for slowing down, regulating and reflection, finding meaning, and practicing gratitude?
  - Do your current habits help you clarify and move you toward your purpose
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# Relationships & Community

Connections that provide a space of belonging where we can be fully known to ourselves and others and learn to give and receive love.

- How have your earlier relationships influenced how you relate to others and to God?
  - Do you belong to people in your life who “get you”? People who know what truly matters to you, understand your strengths and weaknesses, and can care for your needs?
  - What practices do you have that deepen your capacity for knowing and caring for others?
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# Identity & Narrative

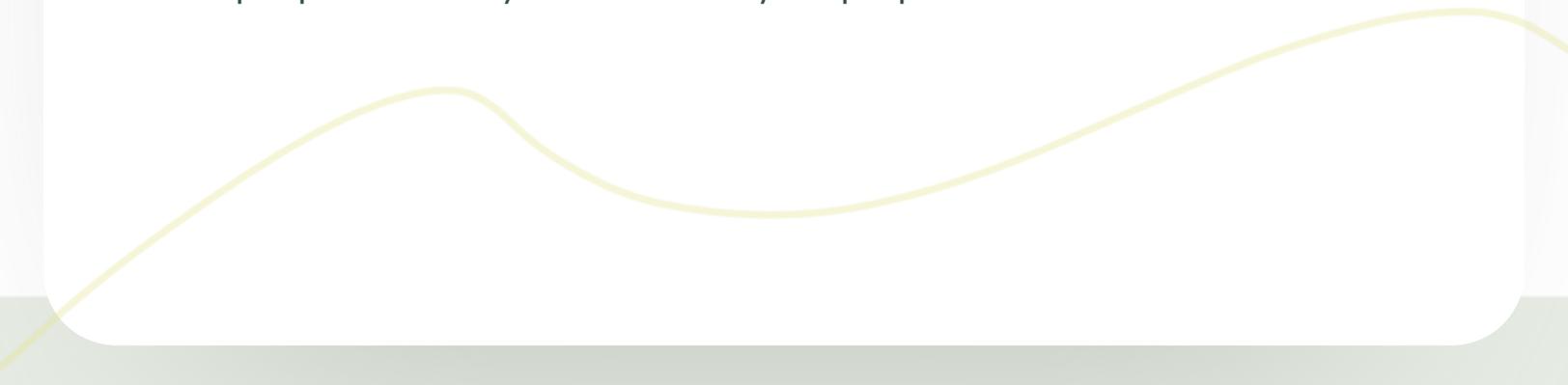
Growing in clarity about who we are as a beloved, unique, embodied person.

- Do you understand your unique giftedness? Are you offering it to the world? What are the stories you tell yourself about you? Are they helpful?
- Do you have a narrative that connects you to a source of transcendent love? Do you have beliefs that help you cope and grow through difficulties?
- Do you have a sense of who you belong to (family, friends, ethnic group, religious/spiritual community, political group)?
- Do your people affirm your individuality and worth? Are you able to affirm theirs? How do your stories about life support or hinder your ability to do so and to affirm the dignity of those different from you?



# Vocation & Purpose

Contributing our strengths to the world by living out our response to love with and for others.

- How do you understand your sense of purpose? Do you see your part in a greater story?
  - Do you have a sense of calling on your life? Can you articulate how your beliefs and values are aligned with your sense of purpose and calling?
  - Are you able to look back on your life and name your strengths? What are the circumstances in which you experienced profound joy? How do these reflections inform your sense purpose now?
  - Does your calling or purpose contribute beyond yourself? How do people close to you factor into your purpose?
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# Ethics & Virtues

Our beliefs about love and how we live out love through values, views of right and wrong, and priorities.

- How would you describe your moral true north? Can you identify where your beliefs came from?
  - What virtues are most important to you? Do you find it difficult to live into those virtues? Do you have practices that help you grow in your ability to live them out?
  - How do you live out your ideals as actions? How do your actions reflect what you believe?
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Visit [thethrivecenter.org](http://thethrivecenter.org)  
for insights and practices  
to pursue spiritual health, wholeness,  
and thriving through each facet.

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