

inSPIRE Check-in

“Only by much searching and mining are gold and diamonds obtained, and man can find every truth connected with his being if he will dig deep into the mine of his soul.” ~James Allen

It's important for you to know what's going on inside yourself. 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 a whole person, you'll need to take a deep peek at your inner world. This lesson gives you a helpful tool to do a personal "status update".

Your optimal well-being and flourishing don't come from being fragmented, from feeling scattered, splintered, or broken apart. Well-being comes by and because of integration - a sense of being complete, whole, and organized. The inSPIRE check-in is a tool for you to take a look at where you are on all levels of your being. As you learn it, practice it, and apply it, it will become a quick and oh-so-handy way for you to get a bead on your overall state of well-being.

Memorize what the inSPIRE acronym stands for. The "in" is you taking a look INside. Each letter stands for a different layer of the self: S - Sense of Meaning, P - Physical, I - Intellectual, R - Relational, and E - Emotional.

In moments when you're clouded by feelings of overwhelm or doom and gloom, or are feeling anxious or completely frazzled, you can do a mental run-through of each letter, asking yourself how you are in that layer of your self. As you practice it, it will become second nature to you. It'll be quick and natural and help you sort things out so you can get on with being happy and enjoying the fun and goodness of life.

Use it often! It's so useful to know how the different parts of you are working together or not. And it will give you insight and self-awareness so you can then make responsible decisions on how you want to show up in your life.

On a side note, as you're looking at the things you could do to make small improvements, we use 3% because it's manageable, doable. We do NOT want to add more stress and pressure. So the 3% in Physical might just mean taking a big drink of water. That is completely doable and will make a difference in your well-being. If you're feeling low in the intellectual area, a 3% change might be influenced by talking to your History teacher about your missing assignments. Along those lines...simple, manageable, real, and doable. Don't add more stress!



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Look INside and rate yourself 1-5 in each area (1 being low and 5 high).
Then reflect on your rating. What is one thing you could do in each area to improve by 3%? (Use the space below the rating scale to record your thoughts.)

“Through the experience of positive emotions people transform themselves, becoming more creative, knowledgeable, resilient, socially integrated, and healthy individuals.”
-Barbara Fredrickson

Sense of Meaning

Enjoying a sense of belonging and connection, feeling like you make positive contributions.

1 2 3 4 5

Physical

Listening to, honoring, and caring for the body.

1 2 3 4 5

Intellectual

Cultivating a positive attitude toward learning and balancing work and life.

1 2 3 4 5

Relational

Contributing to and benefiting from community, friends, and family.

1 2 3 4 5

Emotional

Developing emotional intelligence, emotional balance, and resilience; enjoying positive emotions on a regular basis.

1 2 3 4 5