

# SPIRE CHECK-IN EXERCISE

S

SPIRITUAL

Leading a meaningful life and mindfully savoring the present

P

PHYSICAL

Caring for the body and tapping into the mind/body connection

I

INTELLECTUAL

Engaging in deep learning and opening to experience

R

RELATIONAL

Nurturing a constructive relationship with self and others

E

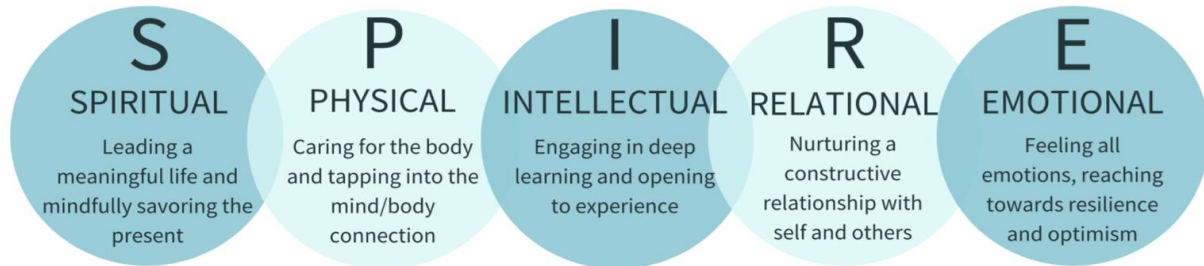
EMOTIONAL

Feeling all emotions, reaching towards resilience and optimism

*Alison Deutsch is a Certified Professional Positive Psychology Practitioner and Professional Coach who experienced the challenge of relocating with her young family – four times over a period of ten years, both domestically and overseas. Utilizing research-proven assessments, tools, and practices, that she’s personally road tested through her own life experiences, Alison helps women Move Out of the Stuck – that overwhelm, fear, and indecision that crop up around big life changes. Her clients gain peace of mind and newfound confidence in their ability to handle anything that comes their way.*



# Use the SPIRE Check-in Exercise To Spark Ahas!



## Step 1: Explore - How am I feeling?

Select a time horizon for this exercise; it can be right now, this week, the past few months, or last year. In the space next to each of the SPIRE elements, ascribe a number on a scale of 1 to 10 that captures how you are doing in each wellbeing domain. (1 is terrible, 5 is fine, and 10 is amazing).

## Step 2: Reflect - What is contributing to my experience?

In the next space, explore the ratings you gave to yourself and describe why you gave yourself a particular score. These insights will likely lead to a few *Aha! Moments*. If you're inspired, once you are done with Step 3 you can come back and dig more deeply through journal prompts – there are a few provided later to get you started.

## Step 3: Consider – What actions can I take?

In the last space, list actions you could take that would *Jolt your Joy* and raise your overall well-being by 0.5. Small incremental changes are best, so consider how you can go from 7.0 to 7.5. A few suggestions are offered on the next page.

	Ascribe My Score (1-10)	Describe Why?	Prescribe How Will I Jolt my Joy?
Spiritual			
Physical			
Intellectual			
Relational			
Emotional			

Inspired by the Happiness Studies Academy

## Consider What **Jolts of Joy**

### Will Make you Happier?



#### Spiritual

- Notice your breath coming in and out.
- Be aware of sensations, thoughts and emotions.
- Identify what is meaningful to you.
- Reconnect to your deeply-held values.



#### Physical

- Go for a walk, dance, or jog.
- Connect with nature.
- Eat a healthy meal.
- Take a nap.



#### Intellectual

- Re-read a meaningful text.
- Follow your curiosity towards an interest.
- Visit a museum and look closely at what you see.
- Enroll in a class.



#### Relational

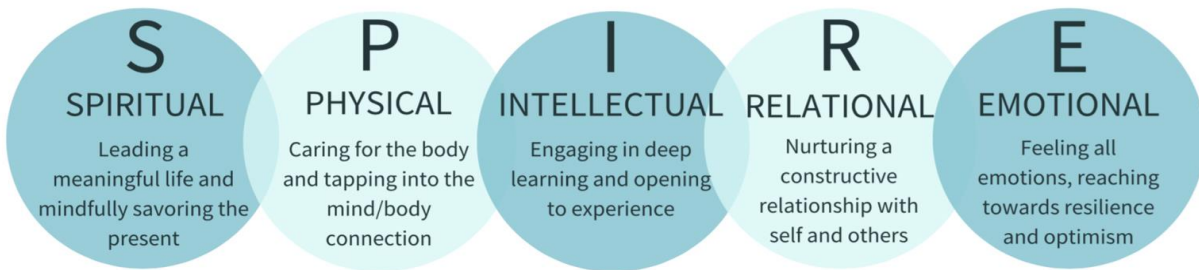
- Hug a loved one.
- Tell another what you appreciate about them.
- Elevate self-compassion.
- Reconnect with a friend.



#### Emotional

- Smile!
- Recall a time when you overcame a challenge.
- Accept all your emotions as valid.
- Ask yourself what will give you a boost of positivity.

# Reflect More Deeply With **Journal Prompts.**



Through writing, we gain insight into our overall well-being and a deeper understanding about the interconnected relationship among the SPIRE elements. To explore further, use the following journal prompts to get started.

- What story does your check-in tell?
- What insight does it provide?
- What Ahas! emerge about your life in general, above and beyond this moment?
- What patterns are emerging from past check-ins?
- How does one aspect of your life influence others? For example, how does your physical well-being affect your emotional well-being? How does your emotional well-being play a role in your relationships?
- What happens when you engage in all five elements of the SPIRE and don't neglect one or more aspects of your well-being? How does purposeful engagement in all elements affect your overall happiness?