

Connectedness Evaluation

“Spirituality is a feeling of Connectedness to something greater, experienced by cultivating a relationship with oneself, one’s community, one’s environment, and one’s perception of the transcendent” (Koss & Holder, 2015).

Connectedness Relationship	How have I cultivated this in the past?	How am I cultivating this in the present?	How would I like to cultivate this in the future?
With myself			
With my community			
With my environment			
With my perception of the transcendent			