



Components of Spiritual Intelligence

Spiritual Resources

- solve daily problems
- revise goals
- reprioritise goals
- response to trauma, stress
- higher level of well-being
- character bank
- self-assessment, audit

Virtuous Behaviour

- can engage with virtues
- shows forgiveness
- express gratitude
- display compassion
- can be humble
- inner strength
- self-control

Mystical

- spiritual state
- sense of oneness
- meditation
- fruits of prayer, stillness
- awareness of ultimate reality
- physiological benefits
- mental benefits

Sanctification

- work as a calling
- parenting as a sacred duty
- selfless service
- charitable works
- fulfillment
- Spirit as centre of life

Transcendence

- sense of the sacred
- experience of meaningfulness
- heightened awareness
- Recognising the divine
- Unity with the Divine
- Unity with all life