



Developing Whole Person Integration

Whole Person Awareness Assessment (WPAA) Short Form

Greatness takes your whole self. Leverage your internal resources for agility, resilience and effectiveness. These statements acknowledge the integral relationship among the spiritual, physical, intellectual, intuitive and emotional aspects of self. We call this SPINE power.

Use the scale (1-5) below to describe your relationship to each of these aspects of yourself. 1= almost never and 5 = almost always. Put a number to the left of each statement.

Intellectual

1. ____ I am comfortable with ambiguity.
2. ____ I find time to learn new things.
3. ____ I challenge my own thinking.
4. ____ I embrace my honest mistakes.

Physical

1. ____ I use the signals (tension, discomfort, fatigue, tingling, chills) that my body sends me to adjust my behavior
2. ____ I exercise regularly.
3. ____ I find it easy to relax.
4. ____ I am aware of how my energy ebbs and flows throughout the day.

Emotional

1. ____ My emotions impact my energy.
2. ____ I am aware of triggers that upset me emotionally.
3. ____ I am emotionally resilient in the face of challenge.
4. ____ I process emotions to gain insight.

(over)

Intuitive

1. ____ I count on my intuition to help me make decisions.
2. ____ My intuition feeds my creativity.
3. ____ My gut tells me when something is right or wrong.
4. ____ My intuition heightens my powers of observation.

Spiritual

1. ____ I find meaning in what I do at work.
2. ____ I feel part of a community at work.
3. ____ I have the courage to act on my values.
4. ____ My work is an expression of my larger life purpose.

SPINE Insights: