

Take this quiz to identify your relationship with a metaphysical perspective. For more read my essay on Spiritual Intelligence.

SQ 21: The 21 skills of Spiritual Intelligence by Cindy Wigglesworth.

Definition of SQ: “The ability to behave with wisdom and compassion while maintaining inner and outer peace regardless of the circumstances.” (CW)

Skills	Questions to guide you	L	M	H
1. Awareness of own Worldview	Do you feel that you can explain to others the impacts of your culture, your upbringing and your mental assumptions on how you interpret the world around you.?			
2. Awareness of life purpose	Do you feel that you can explain your life purpose to others? Do you stay focused on it consistently?			
3. Awareness of values hierarchy	Can you name and rank your top 5 personal values? Do you keep them in mind when making important choices?			
4. Complexity of Inner Thought	Can you hold conflicting perspectives on the ‘right thing to do’ simultaneously? Can you make decisions in the face of uncertainty?			
5. Awareness of Ego Self/Higher-Self	Can you consistently hear the voice of your Higher-Self?			
6. Awareness of Interconnectedness of Life	Do you feel the pain of (do you deeply empathise with) other humans and of animals who are suffering? Do you consider the consequences of your choices on ecosystems and future generations?			
7. Awareness of Worldview of others	Do you seek to understand the emotions and perspectives of others even if you disagree with them? Do others feel understood by you?			
8. Breadth of time perception	Do you consider the history that brought you to the Worldview you have today? Can you hold a billion years of history in your mind and perceive an evolutionary trajectory in the universe?			
9. Awareness of limitations/Power of human perception	Are you aware of how your senses give you incomplete and sometimes inaccurate information? Do you supplement your 5 senses with intuition or spiritual insight?			
10. Awareness of Spiritual Laws	Do you think about and experiment with spiritual laws/principles? Do you try to live by your understanding of spiritual law?			
11. Experience of Transcendent Oneness	Have you ever experienced a moment of awe, wonder or non-ordinary consciousness? Has this experience of something transcendent			

	helped you to focus on living from your Higher-Self?			
12. Commitments to Spiritual Growth	I am willing to learn about spiritual topics from many sources. I commit time and energy to my own spiritual growth.			
13. Keeping Higher-Self in Charge	I am able to shift intentionally from listening to the voice of my ego to listening to my Higher-Self. My Higher-Self voice is clear and is the primary voice I hear.			
14. Living your purpose and values	My purpose and values are aligned with my Higher-Self. My actions, decisions and goals are aligned with my Higher purpose and values.			
15. Sustaining faith	I trust that there is a wise and loving nature to life/the universe/all that is. I maintain an attitude of gratitude even when faced with difficulties.			
16. Seeking guidance from Higher-Self	I actively seek guidance from sources beyond my own logic or ego. This includes seeking the wisdom of people I respect, of great teachers/writings and from my Higher-Self or Higher Power.			
17. Being a wise and effective teacher/mentor of spiritual principles	I enjoy teaching about spiritual principles. I do that through walking my talk and awakening the learner in other people.			
18. Being a wise and effective leader/change agent.	I can see and feel the perspective of all the parties involved in a change. I am able to release my need to control or to have things my way.			
19. Making compassionate and wise decisions	I am compassionate toward my own mistakes as well as those made by others. I know how to set boundaries when I need to do so.			
20. Being a calming, healing presence	Other people feel calmer in my presence.			
21. Being aligned with the ebb and flow of life	I instinctively know what is trying to come into form and I can apply the right amount of action when it is needed to assist the process.			