



GPS

SPIRITUAL INVENTORY.®

A Christ-Centered Approach to Spiritual Health

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The GPS Spiritual Inventory®

A Christ-Centered Approach to Spiritual Health

What if you could see yourself spiritually transformed? What would it look like?
How would you measure the progress? What would the impact be?

Healthy, life-giving relationships with yourself, with God, and the people in your life.
In other words, spiritual health.

The God-Personal-Social (GPS) Spiritual Inventory® assesses the depth of your relationship with God, the level of your self-differentiation, and your capacity for empathy for others. These three elements make up the GPS approach to spiritual health. The assessment is rooted in the study of psychological sciences, brain science, and the Bible. This GPS Spiritual Inventory® has been established, proven reliable, and shown as valid through state-of-the-art statistical analysis.

The GPS Spiritual Inventory® is the only tool for conducting a data-driven, relationship-based spiritual health assessment. It is a statistically valid psychometric assessment, objectively measuring an individual's spiritual health. This point-in-time inventory pinpoints your spiritual needs and gives you actionable steps to take charge of your spiritual health.



Who is the GPS for? Anyone who desires a deeper, more loving relationship with God, greater love and acceptance of themselves, and loving others selflessly.

What does a spiritually healthy person look like?

- Has developed a very deep relationship with God based on trust, loving communication, and a sense of intimacy.
- Forgives and holds no resentments
- Has attached their life to God which means their well-being depends much more on their faith in God, rather than the emotional climate of their families, workplaces, communities, or cultures.
- Is open and honest about themselves without fear or shame.
- Not only helps others, but also leads others into a deeper relationship with God, a greater love and acceptance of themselves, and in loving others selflessly
- Listens well and has a high degree of awareness of his own feelings as well as others' feelings
- Identity is grounded in God and not seeking the approval of others, which enables them to maintain a much higher capacity of empathy for others
- Has committed their life to loving others as God has loved them, no matter what.

For more information on the GPS Spiritual Inventory
visit hsthruai.com or email
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Certified Practitioner
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A major study of Christian spirituality conducted by Barna Research (2011) reveals that 18% Christians are committed to spiritual development, but only 10% of Christians report significant spiritual transformation. As a result only .5% of Christians experienced a profound love of people.

Increasing Your Spiritual Health

The GPS Spiritual Inventory© is a game-changing assessment that revolutionizes the way we think about and observe spirituality. It measures the progress an individual makes across each of the 3 elements and 9 markers that indicate spiritual health. It pinpoints areas for growth for individuals on their spiritual journey.

It is a critical tool for individuals to gain awareness of their spiritual health measurements. A licensed GPS Certified Practitioner, can transform that awareness into actionable steps towards healing relationships with God, self, and others, increasing spiritual wholeness. As spiritual health grows for an individual, their overall health and wellness grow, and with increased health and wellness comes a greater ability to move forward in one's personal development and goal achievement.

Individualized Report

The roadmap for an individual's spiritual journey starts with the GPS Spiritual Inventory©, which delivers a 16-page individualized report with a graphical scoring summary measuring the 3 elements and 9 markers.

- Defines and details the elements and markers and describes how the individual tends to act or feel based on their score in the area.
- Gives strategies for increasing the score, or how to develop the various relationships with God, Self, and Neighbor.

The report is a powerful tool to give structure to a coaching conversation. Clients have said, *"The assessment pinpointed my struggles quickly and accurately. It was like I was looking at a picture of the state of my soul."*

"I am now experiencing the job satisfaction I had always hoped for but seemed so impossible to me before." "This thing nailed it. Now I know."



"I have noticed that since I was exposed to the GPS Spiritual Inventory in the training as a practitioner, it has transformed the way I see myself and the way I see others with a higher level of empathy and understanding which I believe has improved my relationships both professionally and personally. It has enhanced the quality of my toolkit as an Executive/Life Coach and has significantly attributed to my overall growth."

- Princeton Abaroa, ACC
GPS Spiritual Inventory© Certified Practitioner
Owner, EPA Coaching Resources

Metrics That Matter

Measuring the amount of Bible study, Sunday School, giving, and service activities is a method to improve spirituality, but it doesn't measure the condition of the soul. Without a healthy soul, you are just going through the motions, phoning it in.

Spiritual health is our ability to receive God's restoring love, be personally transformed, and share that restoring love with others. Spiritual health can be measured through an examination of our relationships with God, self, and others.



Soul Metrics is on a mission to transform spiritual health. Soul Metrics offers testing, training, certification, and coaching to individuals desiring to develop their spiritual health. It also works with a variety of Christian organizations and ministry workers, including hospitals, churches, seminaries, Christian non-profits, denominational bodies, pastors, chaplains, coaches, counselors, spiritual directors, and psychologists to transform clients, staff, congregations, leaders, and seminarians.

For more information: hsthruai@gmail.com

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"Soul Metrics' pioneering work in spiritual intelligence is the piece of the puzzle that has been missing from my study of emotional intelligence. At each step along the way, the Soul Metrics training has revealed the profound positive impact the GPS Spiritual Inventory will have on someone's life and faith. The best part about the Inventory? It goes beyond the assessment to equip you with a roadmap that when followed, will transform your life and deepen your relationship with God"

*- Christine Wethman,
Appreciative Inquiry Trainer and Facilitator
GPS Spiritual Inventory® Certified Practitioner
President of Honoring Strengths, LLC*

