

Spiritual Capital “SQ” *Exploring Your “Drivers”*

How do you want to be? _____

Circle the top 5 qualities that you value most — that you desire. As followers of Christ, we draw on the spiritual intelligence within us deposited by the Spirit of God. This is called our “SQ” and can be unique to each individual. Connecting to your “drivers” (similar to values) provides you with fuel (intrinsic motivation) toward a meaningful life.

Abundance	Goodness	Mercy
Appreciation	Grace	Patience
Balance	Giving	Peace
Compassion	Honesty	Persistence
Connectedness/Community	Honor	Purpose
Contentment	Hope	Rest
Courage	Joy	Self-control
Encouragement	Kindness	Service
Faith	Love	Temperance
Forgiveness	Meaning	Wholeness
Freedom	Meekness	Wisdom

How are your choices important to you? _____

Decide on the top 3 most important characteristics that you value from your selections above. These are the primary drivers that renew and fuel your life.

1. _____ 2. _____ 3. _____

Are these 3 primary drivers present in your life? _____

If they are not, how can you integrate them into your life? _____

In what way do these qualities lift your spirit? How does scripture support this? _____

