



Finding Your Spiritual Type

Heart, Soul, Mind, Strength: the four spiritual types

28 One of the scribes came near and heard them disputing with one another, and seeing that Jesus answered them well, he asked him, “Which commandment is the first of all?” 29 Jesus answered, “The first is, ‘Hear, O Israel: the Lord our God, the Lord is one; 30 you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength.’”

Mark 12:28-30

Which way do I most easily love God?

Each of us has a way of loving God that comes most naturally to us. The following set of questions will help you identify your *primary* spiritual type. (There are *secondary* types too.) Of course, we are all a mixed bag and some of these questions may provoke more than one response. Don’t overthink your answers. There are no right or wrong answers or types. Go with your gut response. It may be helpful to think of how you responded in early adulthood to get insight into your primary type.

About this exercise

No two people are exactly alike. Maybe that’s why we sometimes chafe against being “typed.” But other times it can be a very helpful revelation to find out that we aren’t alone in our way of being. Finding your type can be the key to unlocking the door to more of who you are. That’s what this exercise is all about.

Spiritual Types Questionnaire

Circle one response for each question. If you find it impossible to choose between two responses, circle them both.

Worldview Questions:

1. When I think about the situation of the world, I become most hopeful:
 - A. When justice is carried out for marginalized people
 - B. When people are able to reconcile broken relationships
 - C. When more people are able to further their education
 - D. When people are able to improve their health and living conditions

2. One thing that really frustrates me is:
 - A. People who don't take care of their own health
 - B. People who don't seem to take initiative to further themselves
 - C. People who always think they are right
 - D. People who are mistreated or trapped in poverty

3. If I had to pick only one, the thing I think would make the biggest impact for future generations would be:
 - A. Reforming the justice system to make it fairer for all people
 - B. Reforming the congressional system to decrease the amount of fighting
 - C. Reforming the education system to provide a better foundation for learning
 - D. Reforming the healthcare system to ensure better prevention and treatment of disease

Relationship Questions:

4. When I think about ways to deepen my relationship with other people, I think about:
 - A. Spending time exercising, playing sports, or building something together
 - B. Spending time discussing common interests
 - C. Spending time talking with each other
 - D. Spending time doing things together that help others

5. One of my fondest childhood memories is of:
 - A. A time when I was with a group of people doing something that "mattered"
 - B. A time when I just got to spend time with someone I loved
 - C. A time when I gained new knowledge or insight into the world
 - D. A time when I got to travel somewhere a long ways away

6. A difficult relationship I'm in involves:
- A. A disagreement about where to go
 - B. A disagreement about what to believe
 - C. A disagreement about how to feel
 - D. A disagreement about what to do

Vocational Questions:

7. When I was a child, I used to dream of being:
- A. a firefighter or a police officer
 - B. a counselor or a pastor
 - C. a teacher or an author
 - D. a doctor/nurse or an athlete

(If possible choose the area most like what you dreamed of being. If none apply either by affinity or if you are of a generation that restricted your ability to explore career paths, feel free to skip this question.)

8. The thing about work/school I find most rewarding is:
- A. Making things that are useful to other people
 - B. Solving problems or thinking of new ideas
 - C. Getting to spend time around other people
 - D. Making a difference in someone's life
9. I wish that I could have:
- A. a more meaningful impact on the lives of others
 - B. more interaction with the outside world
 - C. more opportunities to learn something new
 - D. more chances to make something that's "concrete"

Self-image Questions:

10. If I'm honest with myself, the way I judge my self worth revolves around:
- A. my physical appearance/fitness (either like or dislike)
 - B. my intellectual capacity (either like or dislike)
 - C. if I'm well liked by others
 - D. if I feel my life is making a lasting difference

11. One thing I am most proud of about myself is:
- A. I think I've grown up to be a productive member of society
 - B. I think I've grown up to be a kind, compassionate person
 - C. I think I've grown up to be a wise person
 - D. I think I've grown up to be a hard worker
12. If I could change one thing about myself this year, it would be:
- A. That I could get in better physical shape
 - B. That I could find a solution to a problem I face
 - C. That I could have better relationships with my family and friends
 - D. That I could spend more time volunteering at church or in other similar organizations

Finding your type

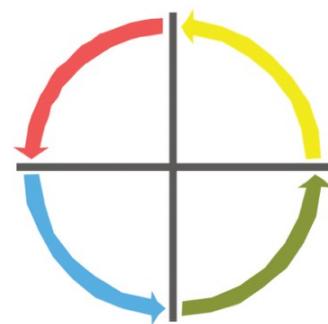
Look back at your answers and for each question circle the corresponding letter to your answer. The column(s) with the most responses is likely your primary spiritual type.

QUESTIONS	RESPONSES			
Question 1	A	B	C	D
Question 2	D	C	B	A
Question 3	A	B	C	D
Question 4	D	C	B	A
Question 5	A	B	C	D
Question 6	D	C	B	A
Question 7	A	B	C	D
Question 8	D	C	B	A
Question 9	A	B	C	D
Question 10	D	C	B	A
Question 11	A	B	C	D
Question 12	D	C	B	A
Total number of responses for each column				
	HEART	SOUL	MIND	STRENGTH

HEART, SOUL, MIND, STRENGTH: the power of the Shema

In the Great Commandment (Mark 12:28-30 on the first page), Jesus responds to a question about “what is the most important thing”? He says it is to love God in each of these four ways: heart, soul, mind, and strength. Each of us love God in each of these four ways. Oftentimes, one or two of them come more naturally to us than others.

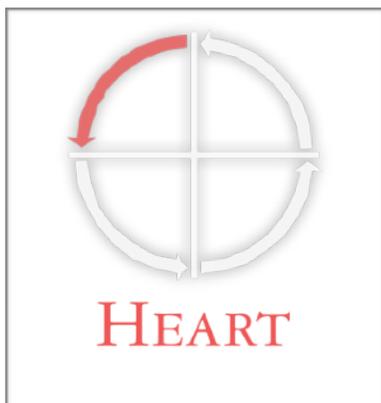
Below is a brief description of each type and suggestions of prayer practices that might work for you more naturally than others.



following
THE WAY®

The Four Primary Spiritual Types

Heart (καρδίας in Greek): The Center of Action



- Primary concern: Justice
- Primary motivation: Making things how they should be
- Primary spiritual question: How can I improve someone else's life?

Heart spiritual types are people who are moved by action, doing things, and justice concerns. This type relies upon their passion for their spiritual energy.

Suggested spiritual practices: Ignatian Examen, volunteering, advocacy, community organizing, going on a mission trip

Soul (ψυχῆς in Greek): The Center of Relationship



- Primary concern: Connectedness
- Primary motivation: Awareness of the divine indwelling
- Primary spiritual question: How can I help foster relationships and the oneness of humanity and creation?

Soul spiritual types are people who value relationship, oneness, and mystical union. This type relies upon felt experience and connection for their spiritual energy.

Suggested spiritual practices: centering prayer, stations of the cross, meditation, walking a labyrinth, mantras, pilgrimages

Mind (διανοία in Greek): The Center of Worldview



- Primary concern: Wisdom
- Primary motivation: Perceiving with the mind of Christ
- Primary spiritual question: How can I help bring about a kingdom of God worldview?

Mind spiritual types are people who connect using their intellect and the verbal or written word. This type relies upon beautiful language and sound belief for their spiritual energy.

Suggested spiritual practices: liturgical worship, lectio divina, journaling, Ignatian Contemplation, meditating on hymn lyrics or psalms, write a poem, reading the bible or other texts

Strength (ἰσχύος in Greek): The Center of Presence



- Primary concern: Incarnation
- Primary motivation: Being fully present in the now
- Primary spiritual question: How can the gift of our bodies be better used to bring full consciousness?

Strength spiritual types are people who get the most meaning out of doing something with their bodies. This type relies upon activity or bodily movement for their spiritual energy.

Suggested spiritual practices: yoga, walking a labyrinth, being in nature, mindful movements, walking meditation, using prayer beads, gardening, fasting, exercise

For more about *following The Way*
and to go deeper in your own spiritual journey,
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