



Inspire Post-Program Evaluation

Please take a moment to fill out the post-program evaluation for *Inspire*. We would greatly appreciate your honest opinion of what best describes you for the questions below.

| QUESTION | RESPONSE (PLEASE CIRCLE BEST OPTION) | | | | |
|--|--------------------------------------|-----------------------------|--|-------------------------------|-----------------------------|
| My life has a strong sense of meaning and purpose | Strongly Disagree 1 | Disagree 2 | Neither agree nor disagree 3 | Agree 4 | Strongly Agree 5 |
| How would you rate your current knowledge of spirituality? | Very Unknowledgeable 1 | Somewhat Knowledgeable 2 | Neither Knowledgeable nor unknowledgeable 3 | Moderately Knowledgeable 4 | Very Knowledgeable 5 |
| In a typical week, how frequently do you find yourself practicing acts of spirituality? | Not at all 1 | 1-2 times/week 2 | 3-4 times/week 3 | 5-6 times/week 4 | More than 6 times/week 5 |
| How often do you find yourself worrying? | Almost Never 1 | Somewhat Often 2 | Moderately Often 3 | Quite Often 4 | Very Often 5 |
| How often do you feel down, hopeless, or depressed? | Almost Never 1 | Somewhat Often 2 | Moderately Often 3 | Quite Often 4 | Very Often 5 |
| How confident are you in your ability to enhance your spiritual well-being? | Not at all Confident 1 | Somewhat Confident 2 | Moderately Confident 3 | Very Confident 4 | Completely Confident 5 |



| | | | | | |
|--|---------------------|------------|---------------------------------|---------------|------------------------|
| The facilitator(s) demonstrated knowledge of and comfort with the material. | Strongly Agree 1 | Agree 2 | Neither agree nor disagree 3 | Disagree 4 | Strongly Disagree 5 |
| There were clear objectives for each session. | Strongly Agree 1 | Agree 2 | Neither agree nor disagree 3 | Disagree 4 | Strongly Disagree 5 |
| The objectives for each session were completed. | Strongly Agree 1 | Agree 2 | Neither agree nor disagree 3 | Disagree 4 | Strongly Disagree 5 |
| The pacing of each session was satisfactory. | Strongly Agree 1 | Agree 2 | Neither agree nor disagree 3 | Disagree 4 | Strongly Disagree 5 |
| The materials were current and informative. | Strongly Agree 1 | Agree 2 | Neither agree nor disagree 3 | Disagree 4 | Strongly Disagree 5 |

What did you like most about Inspire?

What did you like least about Inspire?

What changes would you recommend for Inspire?
