

Baseline Assessment Worksheet

Spiritual Prerequisite	Spiritual Standards	Good	So/so	Needs Improvement	Reflection on standard Where am I in this process? Where do I need to improve
rectitude of conduct external (actions, words, and reactions)	Justice				
	Equity				
	Truthfulness				
	Honesty				
	fair-mindedness				
	Reliability				
	Trustworthiness				
chaste and holy life (inner thoughts and desires)	Modesty				
	Purity				
	Temperance				
	Decency				
	Clean-mindedness				
	moderation in all that pertains to:				
	Dress				
	Language				
	Amusements				
	all artistic and literary avocations				
elimination of racial prejudice (External and/or inner) continued on page 2 We are not comparing ourselves to Abdu'l Baha. Abdu'l Baha is setting the example for us to strive for.	sacrifices it must impose, care and vigilance it demands,				
	moral courage and fortitude it requires,				
	tact and sympathy it necessitates,				
	Let them call to mind, fearlessly and determinedly, the example and conduct of 'Abdu'l Bahá while in their midst.				
	His courage,				
	His genuine love,				
	His informal and indiscriminating fellowship,				

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elimination of racial prejudice (External and/or inner) We are not comparing ourselves to Abdu'l Baha. Abdu'l Baha is setting the example for us to strive for.	His contempt for and impatience of criticism, tempered by His tact and wisdom.				This needs to be formatted as part of the table. I don't know how to do that
	His keen sense of justice,				
	His ever-abiding sense of the oneness of the human race,				
	His overflowing love for its members, and				
	His displeasure with those who dared to flout His wishes, to deride His methods, to challenge His principles, or to nullify His acts.				

The Internal Processes – Practice of Reflection and Bringing ourselves to Account

Using the Baseline Assessment

- Pray and meditate with humility and honesty
- Assess how well you are doing on the spiritual standards (Good, So-so, Needs Improvement)
- Choose a Spiritual Standard to consider working on.
- Be assured and have confidence that God will be with us in this journey. We are never alone.

Date Completed (optional) _____