**Introduction to the Spiritual Transformation**

**Inventory (STI) and Portfolio**

As a *FLEX*Campus student, you will be completing (or have already completed) the Spiritual Transformation Inventory (STI). It is the beginning of your growth process. What you do with that information determines whether it will lead to spiritual transformation in your life.

That is why the STI includes Soul Projects for each area it assesses (it calls them “scales”). Because we believe spiritual growth goes hand-in-hand with intellectual growth, we are asking that as a part of your coursework you do two Soul Projects during each 6-week class. During weeks 1-3 you will do a Soul Project from one domain such as “God” or “Spiritual Community,” and during weeks 4-6 you will do a Soul Project from another domain. (Please note that this assignment is to be done by *FLEX*Campus students only—fully traditional students are not required to complete these projects.)

**Choose Your Soul Project**

But you get to choose the aspect of that domain (“scale”) you want to work on. You will just choose a different scale during each 3-week period. Each Soul Project has a set of steps to take—typically these five:

1. Pray
2. Reflect
3. Read (Scripture)
4. Write (journal entry)
5. Act

These steps will be spread across 3 weeks, with a journal entry of 1-2 paragraphs being due at the end of the 3 weeks. Each step will take 5-20 minutes, so it will be a small investment in time that has the potential to yield great benefits!

You will gain even greater benefits if you share your Soul Project with a friend, a classmate, a mentor or accountability partner (see Suggestions for Doing a Soul Project with a Friend).

Use the chart below to find the domain from which you will choose the Soul Project. For example, if your class is happening in the Fall semester during the Nov.-Dec. time frame, that means you are in the 3rd session of classes. That takes you to the light **blue** column. If this is the first week of class, then you need to choose a soul project from the “God’s Kingdom” domain in your Spiritual Transformation Inventory results. You might choose “Spiritual Perspective” or one of the others in that domain.

A journal entry will be due the 3rd week of each Soul Project—one in week 3 and one in week 6 of your course. It will be 1-2 paragraphs. You will not be judged on your strength or weakness on a scale. You will graded based on whether your journal reflects engagement in the growth process.

**Fall**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Session** | 1  (Aug.-Sept. classes) | | 2  (Oct.-Nov. classes) | | 3  (Nov.-Dec. classes) | |
| **Class Weeks** | 1-3 | 4-6 | 1-3 | 4-6 | 1-3 | 4-6 |
| **Domain**  (Choose a Scale from this Domain) | *Self & Others* | *God* | *Spiritual Community* | *Spiritual Practices* | *God’s Kingdom* | \*Choose from*: God* or *Spiritual Practices* |

**Spring**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Session** | 1  (Jan.-Feb. classes) | | 2  (March-April. classes) | | 3  (April-May classes) | |
| **Class Weeks** | 1-3 | 4-6 | 1-3 | 4-6 | 1-3 | 4-6 |
| **Domain**  (Choose a Scale from this Domain) | *Self & Others* | *God* | *Spiritual Community* | *Spiritual Practices* | *God’s Kingdom* | \*Choose from*: God* or *Spiritual Practices* |

* “God” and “Spiritual Practices” are the largest domains. You can choose a Soul Project from one of these domains for the last three weeks of the third session each semester.

Scales

|  |  |
| --- | --- |
| Connecting to Self and Others | Connecting to Spiritual Practices |
| 1. Secure Connection To Others 2. Anxious Connection To Others (Negative Scale) 3. Distant Connection To Others (Negative Scale) 4. Owning Your Faith 5. Forgiveness 6. Agape Love 7. Spiritual Self-Awareness | 1. Christ-Centeredness 2. Prayer Frequency 3. Spiritual Practices Frequency 4. Use Of Media 5. Transformational Suffering 6. Spiritual Openness 7. Positive Spiritual Coping 8. Negative Spiritual Coping (Negative Scale) |
| Connecting to God | Connecting to God’s Kingdom |
| 1. Secure Connection To God 2. Anxious Connection To God (Negative Scale) 3. Distant Connection To God (Negative Scale) 4. Awareness Of God 5. Intimacy With God 6. Experiencing God In Prayer 7. Experiencing God In Spiritual Practices 8. Gratitude | 1. Spiritual Perspective 2. Spiritual Meaning 3. Service To Local Church 4. Service Outside Local Church 5. Evangelism |
| Connecting to Spiritual Community |  |
| 1. Secure Connection To Community 2. Anxious Connection To Community (Negative Scale) 3. Distant Connection To Community (Negative Scale) 4. Spiritual Community Involvement 5. Spiritual Friendship |  |

**Assignment**

1. Go to your Spiritual Transformation Inventory report to find your chosen Soul Project.
2. Spend time each week working through your chosen Soul Project. Recommendation on timing:
   * 1st Week of the Soul Project: Do the “Pray” and “Reflect” activities.
   * 2nd Week of the Soul Project: Do the “Read” activity.
   * 3rd Week of the Soul Project: Do the “Write” and “Act” activities.
3. Write your journal on the Soul Project. Write at least two paragraphs on what you discovered, experienced, became aware of, etc. Your journal should also include any action plan you used during the Soul Project or action plan to use beyond this Soul Project.
4. Upload your journal to the appropriate assignment space on your *FLEX*Campus class site, found either in week 3 or week 6 depending on which project you completed.
5. Finally, go to the Spiritual Transformation Portfolio Moodle site to post your journal to the corresponding assignment space and complete the brief Soul Project Evaluation for this Soul Project.
   1. (Further information about this step can be found in the Instructions for Posting to the Online Portfolio resource at the top of the Spiritual Transformation Portfolio site on Moodle).