

EARTH

- What heavy burdens in life do you need to release & let go?
- What do you need to be rooted into (your soil) so that you can grow, thrive & flourish?
- How might you trust the support of the solid ground beneath you?

FIRE

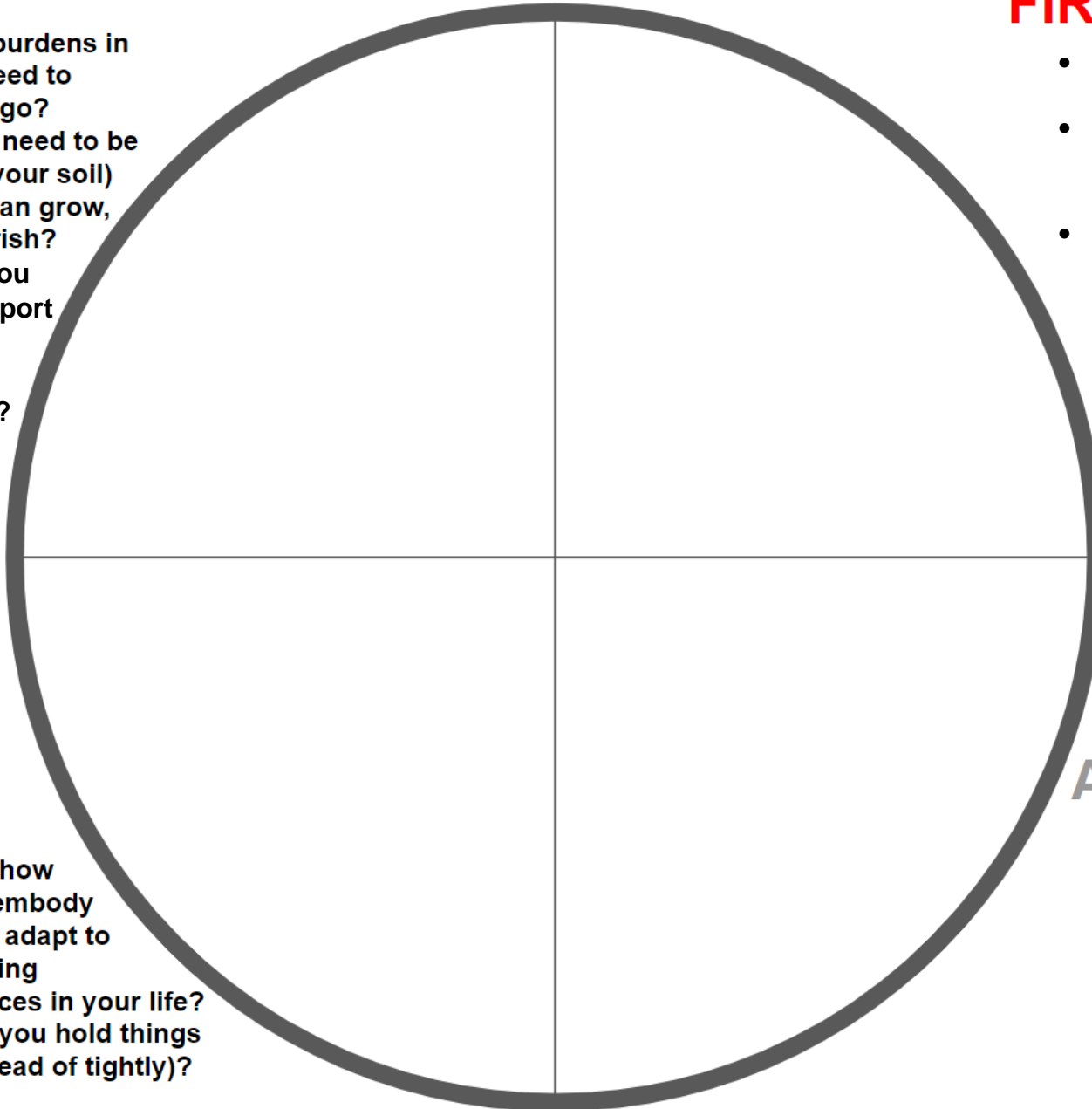
- What kindles love in you? (actions/activities, relationships)
- How might you move towards your passion and sacred purpose in life?
- How can you be in harmony with your anger? (i.e., value its gift in keeping you safe, but be mindful not autopilot into fight-flight, or freeze & fawn patterns)

WATER

- Like water, how might you embody fluidity and adapt to ever-changing circumstances in your life?
- How might you hold things lightly (instead of tightly)?

AIR

- How can you embody lightness within yourself so you can rise (like air)?
- How can you be open to receive what you need, yet open to let go?



CREATE YOUR SPIRITUAL CARE PLAN

Actions that you need to integrate to access Sacred Wisdom

A Toolbox of Spiritual Practices

Below is a partial list of practices that may help you cultivate spirituality in your life. Take a look at the list and see what speaks to you. Which of these nourish your spirit? How would you incorporate these practices into your life? What would you add to the list?

- Read sacred and inspirational literature
- Practice forgiveness of yourself and others
- Listen to or make music
- Spend time in deep reflection, meditation, or prayer
- Participate in groups that involve trust and cooperation (example, sports, hobby or interest groups)
- Observe day of designated for sacred rest – stop doing and enjoy being
- Engage in dance and other types of physical expression
- Involve yourself in acts of kindness to others
- Spend time in nature
- Appreciate the arts
- Be creative – painting, knitting, cooking, gardening, fixing things...
- Share your spiritual journey with others
- Keep a journal
- Nourish others by serving food
- Caring for animals
- Growing and caring for plants, garden
- Joining a social movement for the common good (social, environmental justice)
- Belong to and participate in a faith community
- Take part in rituals, or symbolic practices that are spiritual

Spiritual Treatment Plan

Identify your spiritual resources. List what helps you move from:

Vulnerability > Resilience _____

Helplessness > Agency _____

Despair > Hope _____

Emptiness > Purpose _____

Isolation > Communion _____

Resentment > Gratitude _____

Sorrow > Joy _____

Threefold Path: In/Out/Up

Spiritual healing involves nurturing a relationship with yourself, others, and the Divine. Write the practices that support you in each of the areas below.

Reaching In (Self)

Reaching Out (Others)

Reaching Up (Higher Power / Wisdom)



Actions to integrate in your life.

Choose three activities that you will commit to trying for a month.

1) _____

2) _____

3) _____

SACRED WISDOM

Vocabulary of Spiritual Life

The words listed below are words related to a thriving spiritual life. Circle words below that you will likely embody (or receive) if you consistently follow through with your Care Plan?

- | | |
|-----------------|----------------|
| • Awe/Wonder | • Hope |
| • Meaning | • Love |
| • Wholeness | • Purpose |
| • Healing | • Acceptance |
| • Gratitude | • Grace |
| • Connection | • Faith |
| • Forgiveness | • Joy |
| • Compassion | • Awareness |
| • Peace | • Harmony |
| • Ease /Freedom | • Rest/Renewal |
| • Patience | • Resilience |

***This worksheet is adapted from Elisa Goldberg's "Guide to Leading Spirituality Support Groups in BH"