## CREATE YOUR SPIRITUAL CARE PLAN

What actions do you need to do in order to grow and thrive?

1

### 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
- 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)

# CARE PLAN

Actions that lead towards growth and thriving. Choose three activities that you will commit to trying for a month.

#### Vocabulary of Spiritual Life

The words listed below are words related to a thriving spiritual life that you might likely embody if you consistently follow through with your Care Plan above. Circle these words.

- Awe/Wonder
- Meaning
- Wholeness
- Healing
- Gratitude
- Connection
- Forgiveness
- Compassion
- Peace
- Ease /Freedom
- Patience
- Joy
- Awareness

Grace

Faith

Hope

Love

Purpose

Acceptance

- Harmony
- Rest/Renewal
- Resilience

# WHICH PART(s) OF THE STORY IS ABOUT YOU?

**SEED in the DIRT** 

**GROWTH of the TREE** 

**RESISTING GROWTH** 

**PROVIDING SHELTER** 

THE GARDENER

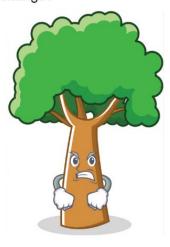
In what ways in your life have your seed (acorn) landed in the darkness of the dirt?



In what ways are you called to grow?



In what ways have you resisted growth and change?



In what ways are you called to become a shelter for others?



Who is/are the gardener(s) in your life?

