

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

## FLOWING STREAM

What makes you flow?



## OBSTACLE

What obstacles keep you from flowing? from thriving/flourishing?



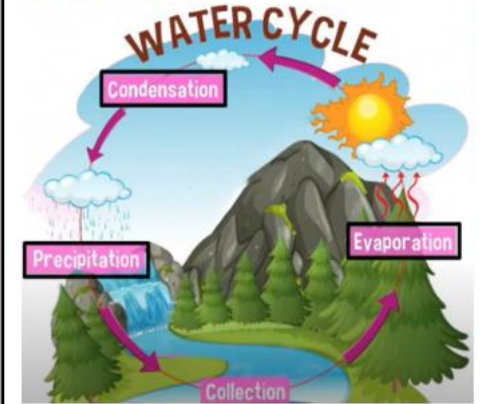
## THE WHISPER OF THE DESERT

Who is your guide? Who (or What) helps you transform and rise?



## THE TRANSFORMATION

What are you called to change or transform into?



# CREATE YOUR SPIRITUAL CARE PLAN

Actions that might help you transform & rise.

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## 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?

- Hire a therapist / counselor; join a support group
- 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 or the outdoors
- 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 2

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 3

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)

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Connect with your transformative actions. Choose three activities that you will commit to trying for a month.

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

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## The Gifts of Transformation -

The words listed below are words related to a thriving spiritual life: these gifts are easier to access as we transform & change. **Circle words below that you will likely embody** (or receive) if you consistently follow through with your Care Plan (your golden strands) above?

- |                 |                |
|-----------------|----------------|
| • 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 Settings"