What is your deep well that quenches your thirst? OR What gives you meaning & purpose?

What are your golden strings (rope) that help you reach or access it?



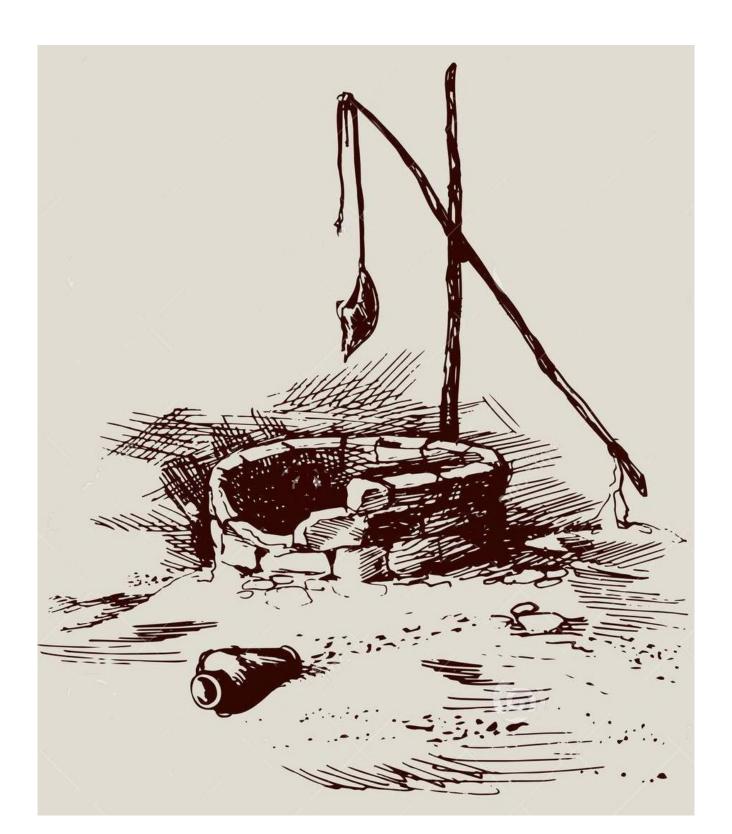
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### **CREATE YOUR**

# SPIRITUAL CARE PLAN

Finding Your Golden Strands to Access the

Waters of Life

## A Toolbox of Spiritual Practices

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

Read sacred and inspirational literature

Despair > Hope

- Practice forgiveness of yourself and others
- Listen to or make music
- Spend time in deep reflection, meditation, or prayer

Emptiness > Purpose

- 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

Isolation > Communion

- 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)

Sorrow > Joy

- Belong to and participate in a faith community
- Take part in rituals, or symbolic practices that are spiritual

#### Threefold Path: In/Out/Up Spiritual Treatment Plan

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Spiritual healing involves Identify your spiritual resources. List what helps you move from: Vulnerability > Resilience

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

Reaching In (Self)

Helplessness > Agency

# Connect with your Golden

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

5

Reaching Out (Others)

Vocabulary of Spiritual Life The Waters of Life

2

that you will likely embody (or receive) if you consistently follow through with your Care Plan (your golden strands) above? quench our thirst. Circle words below related to a thriving spiritual life: they The words listed below are words

Hope Awe/Wonder

Reaching Up (Higher Power /

Resentment > Gratitude

- Love Meaning
- Acceptance Purpose Wholeness Healing
- Grace Faith Connection Gratitude
  - Joy Forgiveness
- Awareness Compassion Peace
  - Harmony Ease /Freedom
- Rest/Renewal Patience