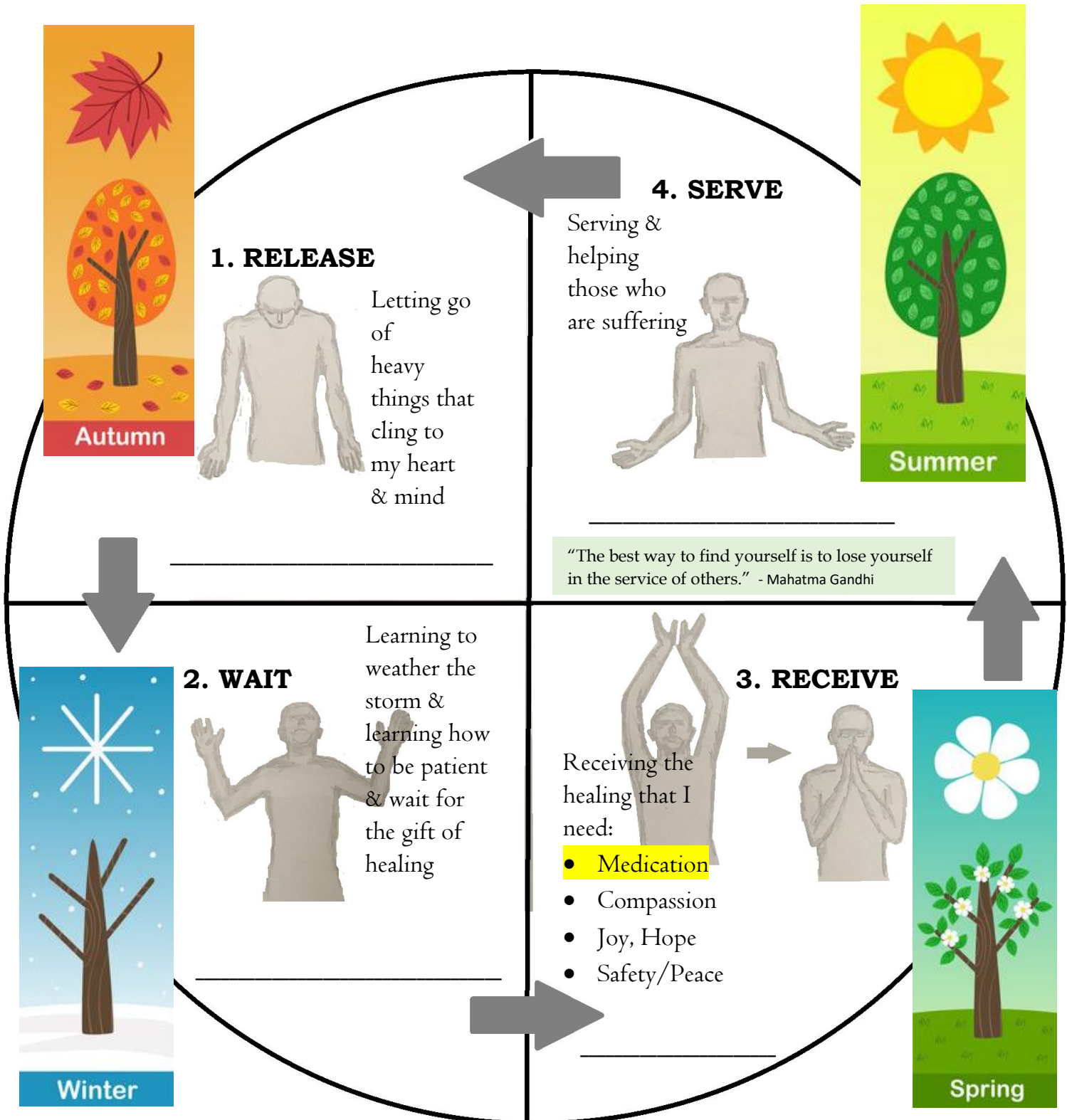


PATHS/ACTIONS IN OUR SPIRITUAL JOURNEY

(Adapted from Quadratos by Alexander Shaia)



ACTIONS (Which of these enable to “Release,” “Wait,” “Receive”, & “Serve”?) *do not limit yourself with this list - add as needed.

- **LITERATURE:** Read inspirational literature (novels, spiritual books, bible, self-help)
- **PRACTICE FORGIVENESS** of yourself and others
- **MUSIC** - Listen to or make music
- **PRAYER**
- **DAILY GRATITUDE**
- **MEDITATION / CONTEMPLATIVE PRACTICES**
- **JOIN GROUPS OF TRUST, COOPERATION, INTERESTS** (example, sports, hobby, interests)
- **DAY OF REST:** Observe day of designated for sacred rest – stop doing and enjoy being
- **DANCE:** Engage in dance and other types of physical expression
- **ACTS OF KINDNESS:** Involve yourself in acts of kindness to others
- **NATURE:** Spend time in nature (camping, hikes)
- **ARTS:** Appreciate the arts
- **CREATIVITY:** painting, knitting, cooking, gardening, fixing things...
- **SPIRITUAL SUPPORT GROUPS:** Share your spiritual journey with others
- **JOURNALING:** Keep a journal to record learning experiences & insights (towards self-awareness)
- **SERVING FOOD:** Nourish others by serving food
- **CARING FOR ANIMALS & NATURE**
- **GARDENING:** Growing and caring for plants
- **SOCIAL CAUSES:** Joining a social movement for the common good (social, environmental justice)
- **FAITH COMMUNITY:** Belong to and participate in a faith community
- **LIFE-GIVING RITUALS:** Take part in meaningful & symbolic (celebrations & loss)
- **PHYSICAL EXERCISE / ATHLETIC PRACTICE:** biking, swimming, running, gym
- **MINDFUL EATING** (healthy, nourishing food)
- **SUPPORT GROUPS** – Recovery (Alcoholics Anonymous, Narcotics Anonymous), Grief Groups or Divorce Support Group
- **VOLUNTEER FOR SOCIAL SERVICE** – soup kitchens, education, church, hospitals, Habitat for Humanity
- **MENTORING** others who need help & guidance
- **SPENDING QUALITY TIME LOVED ONES**
- **SEE A THERAPIST / COUNSELOR/ PSYCHIATRIST**
- **AGENCY THAT WILL GUIDE ME IN MEETING BASIC NEEDS** – example, find housing, job, support in my recovery



The 12 Tools

Tools for Learning • Tools for Life



Breathing Tool

I calm myself and check-in.



Listening Tool

I listen with my ears, eyes, and heart.



Personal Space Tool

I have a right to my space and so do you.



Garbage Can Tool

I let the little things go.



Please & Thank You Tool

I treat others with kindness and appreciation.



Patience Tool

I am strong enough to wait.

Using Our Words Tool

I ask for what I want and need.

Taking Time Tool

I use time wisely.

Apology & Forgiveness Tool

I admit my mistakes and work to forgive yours.

Courage Tool

I have the courage to do the “right” thing.



Quiet/Safe Place Tool

I remember my quiet/safe place.



Empathy Tool

I care for others. I care for myself.



rev. 3-6-13

GIFTS TO RECEIVE

Purpose / Goal / Direction	Honesty	Inclusion
Vision	Creativity	Learning & Growth
Mentor / Community	Transparency	Self-Respect
Support / Guidance	Commitment	Healing
Friendship / Companionship	Rest and Sleep	Vision / Dreams
Patience	Solitude	To Grieve
Gratitude / Grace /	Peace	Love
Thankfulness	Resilience /	Consideration
Hope	Perseverance	Empathy
Recognition	Mutuality	Community
Good communication	Laughter / Joy / Fun	Understanding
Cooperation	Play	Trust
Kindness	Presence	Support
Belonging	Freedom	Stability
Appreciation	Inspiration	Safety
Acceptance	Choice / Autonomy	Exercise
Connection	Space	Financial Security:
Respect	Meaning	Shelter, Food, Etcetera
Nurture	Awareness	
Authenticity	Tenderness	