

CREATE YOUR SPIRITUAL CARE PLAN

What actions enable you to see more clearly?

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 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)



4

Do actions that will help you see **Grace & Beauty**. Choose three activities that you will commit to trying for a month.

1) _____

2) _____

3) _____

The Waters of Life - Vocabulary of Spiritual Life 5

The words listed below are words related to a thriving spiritual life: they help you have the eyes to see clearly.

Circle words below that you will likely embody (or receive) if you consistently follow through with your Care Plan 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"

Hidden Pictures®



Highlights™

Want a challenge?
Fold back this page to hide
the picture clues.



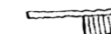
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spoon



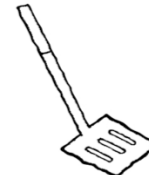
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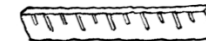
toothbrush



button



spatula



ruler



crown



pennant



slice of pie



banana



kite



feather



candle



camera



sailboat

REFLECTION PROMPT

What meaningful things (say, blessings in my life) might already be that are hard to see? Or are not in my awareness?

What gets in the way of me seeing or noticing them? How can I see my blessings more clearly?

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Picnic Day



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Magic Time



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