



Spirituality in Every Day Life

Journal Prompts

1. When do you feel most connected to something greater than yourself?
2. What moments in your life have felt the most meaningful? What made them so?
3. Reflect on a challenge you've faced. How did it shape your sense of purpose?
4. In what areas of life do you feel most spiritually fulfilled? Least?

Bring Spirituality to Life

- ✓ **Create a Meaning Ritual**
Set aside five minutes daily for a simple practice (prayer, meditation, journaling, nature walk).
- ✓ **Identify Your Core Beliefs**
Write down your top five values and brainstorm ways to live them out each day.
- ✓ **Acts of Service**
Practice acts of kindness, such as volunteering or supporting a friend. Reflect on how it enhances your sense of purpose.



SPIRITUALITY