

CHAPTER FOUR

SPIRITUAL

*“The foundations of a person
are not in matter but in spirit.”*

— RALPH WALDO EMERSON

DAY 55: DEFINE YOUR SPIRITUALITY

REFLECTION

What is your current definition of spirituality?

How does this definition reflect your values or what you want in life?

Based on your definition, what are some things you can do to grow spiritually?

DAY 56: PRACTICE YOUR SPIRITUALITY

REFLECTION

What did you do today to practice your spirituality?

How did this activity reflect your definition of spirituality?

How did you feel during and after this practice?

DAY 57: CULTIVATE GRATITUDE

REFLECTION

How did you feel after this exercise?

How can cultivating gratitude bring you happiness and fulfillment?

What is your definition of fulfillment?

DAY 58: CREATE A SACRED SPACE

REFLECTION

What does your sacred space look and feel like?

How does it impact you?

What does this tell you about your relationship with the space around you?

DAY 59: MEET LIKE-MINDED PEOPLE

REFLECTION

What kind of person or people do you want to connect with?

Who did you reach out to today?

How does (or might) their presence enrich your life?

DAY 60: PLAN A SACRED DAY

REFLECTION

What does a sacred day look like to you?

What did you focus on to make today sacred?

How will you use future sacred days to nourish your spirit, soul, or self-awareness?

DAY 61: CONNECT TO YOUR BREATH

REFLECTION

What did you experience while doing each breathing exercise?

How did you connect to your body, mind, and spirit?

How might a simple breathing exercise become a spiritual practice?

Draw anything that represents how you felt before and after this practice.

DAY 62: ASK YOURSELF QUESTIONS

REFLECTION

What do you like to spend time doing?

When do you feel most yourself?

What are your strengths?

What have you achieved or overcome?

What makes you uncomfortable, frustrated, and angry?

What do you value?

What are your deepest dreams and desires?

Why are these things important to you?

What are some questions you still have for yourself ?

DAY 63: MEDITATE ON BEAUTY

REFLECTION

How did you meditate on beauty today?

What did you feel and experience during this practice?

How did it impact your relationship with what you observed?

DAY 64: CREATE YOUR MANTRA

REFLECTION

What was your mantra for today?

Why is this something you want to nurture or practice?

How did telling yourself this message impact you?

What can you do to turn this mantra into action?

DAY 65: LISTEN TO THE MUSIC

REFLECTION

What song did you listen to?

Why does this song resonate with you?

How did you feel while listening to it?

How can you apply its message to your life?

DAY 66: FIND SILENCE

REFLECTION

Where did you go to find silence?

How did you feel in this environment?

How did it help you find connection?

How can you create more stillness and silence in your life?

DAY 67: NOURISH YOUR SOUL

REFLECTION

What did you do to nourish your soul today?

How did you feel during this activity?

What other activity might nourish your soul?

DAY 68: WATCH THE SUN RISE OR SET

REFLECTION

The sun rises and sets every single day; what made today special?

What did you observe, ask, or reflect on?

How was this a spiritual practice?

DAY 69: SEARCH FOR BEAUTY

REFLECTION

What were your three findings?

1.

2.

3.

What made each one beautiful?

1.

2.

3.

What did your search show you about how you define beauty?

DAY 70: SHARE YOUR FINDINGS

REFLECTION

How did sharing your story deepen your experience?

How can storytelling help you build meaningful connections?

What other experiences do you want to share with others?

DAY 71: ASK BIG QUESTIONS

REFLECTION

Write down your big questions below or choose from the following:

- *What do you think your purpose is? How did you come to this answer?*
- *How can you fulfill your purpose or live a fulfilled life?*
- *Who are you? How do you identify yourself?*
- *What does it mean to be present?*
- *When you're at the end of your life, what will you want to look back on?*

Why is it important to you to ask (and potentially answer) this question?

Do you think the answer is out there for you to discover, or is it something you must create for yourself ?

DAY 72: EXPLORE THE MYSTERY

REFLECTION

What was your process for exploring your personal or existential question?

How did shifting your focus from answering to exploring help you approach your question?

How might this help you approach other big questions you have?

How can you practice appreciating the mysteries of life without a need for answers?

CHAPTER FOUR REFLECTION

REFLECTION

How have you learned to explore your relationship with yourself and your truth?

Which practices resonated with you? Make a note of those you want to come back to.

BEFORE MOVING FORWARD

- *Be proud of the investment you've made in yourself.*
- *Recognize the insight you have gained because of the work you've done.*
- *Celebrate the growth you've experienced because you chose to grow.*
- *Remember your capacity for self-empowerment, fulfillment, and transformation.*
- *Believe that you will continue to connect to your inner wisdom should you choose to live with mindfulness.*