



LOOKING BACK: A Self-Reflection

Spirituality Worksheet

THE POWER OF MEMORY

You may still be unsure as to how spirituality truly affects your health. Even when you've found how spirituality affects you, the what? How can you use this information to make your college years more enjoyable, memorable, and healthy? Drawing on memory may help you to find meaning. At the very least, noticing positive or negative patterns in your past can prompt you to make changes in your approach to developing spirituality.

MY SPIRITUALITY AS I REMEMBER IT

Describe your spirituality during childhood/adolescence: _____

Describe your spirituality as a teenager: _____

WHAT I THINK ABOUT THESE MEMORIES NOW

Describe your reaction to your childhood/adolescent memories: _____

Describe your reaction to your memories as a teenager: _____

Have you had any health concerns in your past that you can relate to your spirituality?

