



MOVING AHEAD: The Challenge

Spirituality Worksheet

CHARTING YOUR COURSE

What are your spiritual goals for the future? If you are interested in religion, you may wish to find a location where you can actively participate. Perhaps you'd like to sample different religions by attending a number of meetings or services. If meditation is your preferred method, you may want to look into yoga or relaxation techniques. You may choose to get creative! Finding another form of spiritual enhancement can be both challenging and rewarding. The possibilities are endless. The key to strengthening your spirit is being pure in body and mind. It is having an appreciation and respect for yourself and your community. It's not necessary for you to subscribe to any one belief. The recipes for promoting good spiritual health are as diverse as we are. With this in mind, consider your spirituality now as well as where you'd like it to be in the near and distant future.

My current thoughts on spirituality: _____

Create a list of things you'd like to do or activities you'd like to participate in to better explore or develop your spirituality.

Semester goals:

1. _____
2. _____
3. _____
4. _____

Academic year goals:

1. _____
2. _____
3. _____
4. _____

