

Spiritual Awareness Worksheet

Please answer the questions below the best you can. As you proceed forward your sense of your spiritual path will increase and deepen. Answering these questions will help you develop a point of focus to begin with.

1. Do you currently have a daily spiritual practice? If so what is it, and if not what might you like to do as a daily spiritual practice (meditate, yoga, martial arts, writing, prayer, energy work)?

2. What spiritual lessons or learning is present for you at this time? (Speaking the truth, release of ego and fear, compassion, forgiveness, patience, gratitude, personal power, self-respect, self-confidence, self-love, flexibility, boundaries, surrender, using your intuition, life balance, trust, abundance, appreciation, living with purpose, living with intention etc).

3. In what areas of your life do the lessons/learning usually emerge (work, personal life, family life, relationships etc)?

4. How do you define spirituality? What words are you most comfortable with when referring to spirituality (God, the Lord, the Universe, Higher Power, Allah, Father Sky, Jesus etc.)?

5. Have you experience any major trauma to your body, mind, or spirit during your lifetime (accidents, surgeries, abuse issues)? If so what have you done, to this point, to heal those experiences? What might support you in continuing to heal these experiences?

6. When do you feel most vital, energetic, and alive?

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7. What are three “feelings states of being” you would like to feel more of?
(Contentment, happiness, joy, inner calm, satisfaction, excitement, enthusiasm, love, connection, decisiveness, harmony, powerful presence etc).

8. What area of your life do you feel the least amount of personal power? The most amount of personal power?

9. How do you give back to your community or to others?

10. On a scale from one to ten, with one being very little and ten being a lot, how would you rate your ability to love your **SELF**? Others? Why?

11. What would you most like to explore and develop with your spirituality?

12. Would you be willing to share one of your most powerful spiritual experiences?

It would be to your advantage to keep these questions and file them away. Thus, when you decide to look at them again, you will be able to make a note of the changes that have occurred whether in a month, six months, or a year later.

Always a good reference tool!