



Spiritual Awakening
Support

RECONNECT WITH YOUR
SPIRITUAL PRACTICE

8 steps to finding your way back

By

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Set Your Intention

Here are a few journal prompts that can help individuals identify the importance of a spiritual practice and explore their motivations:

- Reflect on a time when your spiritual practice brought you a sense of peace or clarity. How did that experience make you feel, and why is it important to you to recreate it in your life now?
- Consider the role of spirituality in your overall well-being. How do you believe a consistent spiritual practice can enhance your mental, emotional, or physical health?
- Think about any challenges or stressors you've recently faced. How might a spiritual practice help you navigate these challenges and maintain a sense of balance?
- What are your expectations of what a spiritual practice "should" look like? Are these expectations based on your own beliefs, or have they been influenced by external factors? How might you redefine your practice to align more authentically with your values and needs?
- Imagine the ideal outcome of reconnecting with your spiritual practice. What positive changes do you envision in your life, relationships, or self-awareness as a result of nurturing this connection?