



Spiritual Practices

*It all begins and ends in your mind.
What you give power to has power over you.*

- Leon Brown

Inner stillness is the key
to outer strength

- Jared Bock



SPIRITUAL DEVELOPMENT AND MATURITY IS SUCH AN IMPORTANT PART OF OUR LIVES.

Deep self-reflection – make a space to reflect about where you are in life and where you want to be. You might choose some new practices to try out and invite someone who is lonely to do the same. You can both share your experiences and insights.

Create a New Rhythm for Life – Identify personal habits that you choose to practice.

Practice Gratitude – Create a gratitude list in a journal by writing down all the things that you are thankful for. Celebrate and give thanks for those things. Call up someone whose friendship you are grateful for and let them know – or write them a note.

Do Something New – Find a new way of focusing on your spiritual life. Read a book or listen to a podcast about the spiritual life.

Help Someone – Buy them a coffee or do a nice deed. You can even do this anonymously to give the recipient something to wonder about – who is their secret pal?

Create Space – Create a comfortable and quiet space to create inner stillness and explore your own spirituality.

Clear Away the Clutter and Distractions – Lots of things can clutter your life such as unhelpful behaviours, fear, mental noise, incomplete projects, and unhealthy relationships.

Go on a Spiritual Retreat – This is a time set apart to be in quiet, rest, and solitude where you can connect with your soul.

Brainstorm a List of Activities that Make You Feel Alive – Things that bring you joy and life. Mindfulness is a way of taking back control and relearning how to be more positive about life and enjoying all those small moments. Take time to pause and reset your brain.