

Spiritual Exercises

1. Write down one personal quality or habit that you would like to improve (i.e., eating healthier). Write out a plan of how you will improve this quality or habit on a day to day basis. Commit to working on this plan daily for one month. Do the same for one personal quality or habit that you would like to remove from your life. Write out a plan of how you will not only remove this quality or habit from your life, but replace it with a more positive quality or habit.
2. Start a conversation with someone with whom you normally do not or would not speak. Try to learn as much as you can about them and then thank them for speaking with you. Write down your experience in as much detail as possible; pay close attention to their body language, facial expressions, and emotions.
3. Write freely for five minutes (set a timer if you have to). Do not think about what you are writing, and do not stop writing until the time is up. After you are done, read what you have written, and write down your reactions.
4. *“Don’t die with your music still inside you...”* Dr. Wayne Dyer... A) What does this quote mean to you? How can you apply the meaning of this quote to your life? B) Listen to a song of your choice that inspires you. How has your relationship to this song changed over time? What meaning does it have to you now that it did not before? What can you do to embody the inspirational qualities of this song?
5. Write down all of the things in your life that you are grateful for and why. Do this every night before you go to bed for one week. Read all of the entries at the end of the week.
6. Write a “Thank You” letter to an individual in your life for whom you have never truly expressed your gratitude. Tell them what they mean to you and why you are thankful to have them in your life.
7. Write down all the things that you believe until you cannot think of any more.
8. Keep a journal or a list of quotes, thoughts, phrases, lyrics, etc. that connect with you.
9. Write a personal mission statement.