

CREATE YOUR SPIRITUAL CARE PLAN

Brainstorm on spiritual practices that will help in the composting process of life's challenges.

1

A Toolbox of Spiritual Practices

Below is a partial list of practices that may help you cultivate spirituality in your life. Take a look at the list and see what speaks to you. Which of these nourish your spirit? How would you incorporate these practices into your life? What would you add to the list?

- Read sacred and inspirational literature
- Practice forgiveness of yourself and others
- Listen to or make music
- Spend time in deep reflection, meditation, or prayer
- Participate in groups that involve trust and cooperation (example, sports, hobby or interest groups)
- Observe day of designated for sacred rest – stop doing and enjoy being
- Engage in dance and other types of physical expression
- Involve yourself in acts of kindness to others
- Spend time in nature
- Appreciate the arts
- Be creative – painting, knitting, cooking, gardening, fixing things...
- Share your spiritual journey with others
- Keep a journal
- Nourish others by serving food
- Caring for animals
- Growing and caring for plants, garden
- Joining a social movement for the common good (social, environmental justice)
- Belong to and participate in a faith community
- Take part in rituals, or symbolic practices that are spiritual

Spiritual Treatment Plan 2

Identify your spiritual resources. List what helps you move from:

Vulnerability > Resilience _____

Helplessness > Agency _____

Despair > Hope _____

Emptiness > Purpose _____

Isolation > Communion _____

Resentment > Gratitude _____

Sorrow > Joy _____

Threefold Path: In/Out/Up 3

Spiritual healing involves nurturing a relationship with yourself, others, and the Divine. Write the practices that support you in each of the areas below.

Reaching In (Self)

Reaching Out (Others)

Reaching Up (Higher Power / Wisdom)



4

Actions (composting) that will nourish your seeds. Choose three activities that you will commit to trying for a month.

1) _____

2) _____

3) _____

Receiving the Light - Vocabulary of Spiritual Life 5

The words listed below are words related to a thriving spiritual life: they are the potential seeds that will grow out of the good soil (with dark compost). **Circle words (the seeds you want to see grow)** if you consistently follow through with your 3 Actions above.

- | | |
|-----------------|----------------|
| • Awe/Wonder | • Hope |
| • Meaning | • Love |
| • Wholeness | • Purpose |
| • Healing | • Acceptance |
| • Gratitude | • Grace |
| • Connection | • Faith |
| • Forgiveness | • Joy |
| • Compassion | • Awareness |
| • Peace | • Harmony |
| • Ease /Freedom | • Rest/Renewal |
| • Patience | • Resilience |

***This worksheet is adapted from Elisa Goldberg's "Guide to Leading Spirituality Support Groups in BH"

Composting: A Pathway to Rise Above Life's Struggles

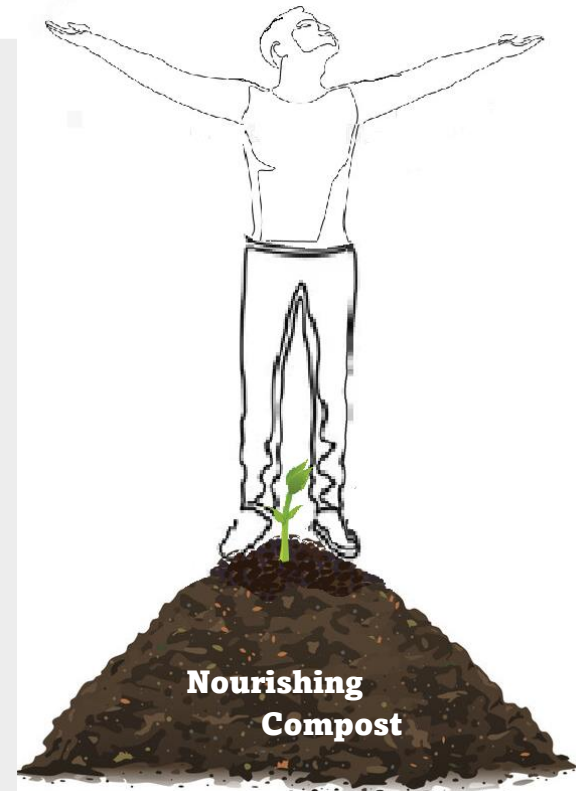
1. FUNK OF LIFE THROWN AT YOU:

Life transition, loss, death, health struggles, mental health struggle, crisis, despair, hopelessness, meaninglessness.

Write a few below:

3. GROWING:

This process is similar to a seed becoming a seedling: it means breaking out of the dark to receive light. *Instead of staying buried, what does it mean for you to rise above your struggles? To move from lifelessness to new life?*



2. COMPOSTING:

This process means breaking down the funky elements of life thrown at you so it can be used for growth, learning and healing. *What/who helps you transform the funk into something that nourishes you? that helps you grow and flourish? (Complete your Spiritual Care Plan on "actions for composting" behind this page.)*



*Worms & other microorganisms to help break down organic waste