

WHAT IS SPIRITUALITY TO YOU?

There is no one shared definition of spirituality. And the ideas of the spirit, soul, and spirituality can vary greatly depending on the person. That's part of the beauty of exploring these concepts. Before you embark on your spiritual journey, take a few moments to clarify what these terms mean to you and what associations come up. These insights can indicate what is most important to you and what may not serve you best.

Below are some prompts. You can record your answers in the chart provided below or in a journal.

- What do you think of when you hear words such as *spirit*, *soul*, and *spirituality*?
- What words or phrases feel synonymous or related to these terms?
- Which, if any, of these words or phrases makes you uncomfortable. Why?

After you've filled in the chart, go back through and rank the words or phrases that resonate with you most. As you build your own spiritual practice, these ideas can serve as touchstones.

WORD/PHRASES	SYNONYMS	RANKING OF IMPORTANCE	ADDITIONAL THOUGHTS
<i>EXAMPLE: Meditation</i>	<i>Mindfulness, breathing</i>	<i>1</i>	<i>When I have time, I enjoy taking five or ten minutes to stop and breathe; it helps me feel calmer.</i>