

FINDING YOUR BRAND OF SPIRITUALITY WHEN LIVING WITH ACROMEGALY

WHAT IS YOUR BRAND OF SPIRITUALITY?

If you read our first blog and completed the exercise, refresh yourself on your answers. Based on your responses, what practices might be most in sync with your interpretation of spirituality?

ARE YOU DRAWING A BLANK?

Think back to a time (or times) when you were happiest or felt most like yourself. What were you doing? Where were you? What was it about that moment that made it feel "right"? Your answers to those questions can help guide you toward your brand of spiritual practice. For example, if you were happiest when you did plays at school, could you volunteer at a local theater?