CONNECTING TO OUR SPIRITUAL SIGNAL

This activity aims to help us build a spiritual connection with ourselves and allow us to identify situations where we are blocking this connection.

SUPPLIES NEEDED Writing Utensil Connecting to Our Spiritual Signal Worksheet Building Our Bundle video "Bundle Activity: Connecting with Your Spiritual Signal

DIRECTIONS:

1

REFLECT

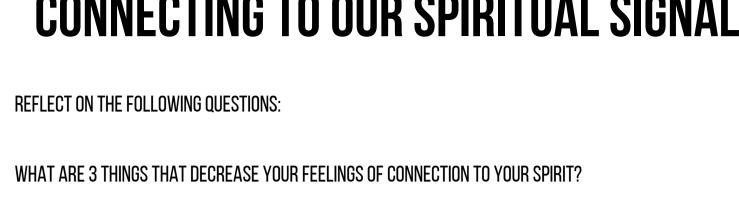
Using the Connecting to Our Spiritual Signal worksheet, reflect on the following questions:

What are 3 things that decrease your feelings of connection to your spirit?

What are 3 things that increase your feelings of connection to your spirit?

What are 3 ways you can nurture or protect your spirit?

CONNECTING TO OUR SPIRITUAL SIGNAL



WHAT ARE 3 THINGS THAT INCREASE YOUR FEELINGS OF CONNECTION TO YOUR SPIRIT?

WHAT ARE 3 WAYS YOU CAN PROTECT OR NURTURE YOUR SPIRIT?