

# 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.

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## 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?



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# CONNECTING TO OUR SPIRITUAL SIGNAL

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 PROTECT OR NURTURE YOUR SPIRIT?



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