

## Creating Fulfillment in Your Spirituality

Our work together is tailor-made to meet your needs. Please check those topics below that you would most like to focus on.

- ☐ Deepen my spiritual connection
  - ☐ Develop a spiritual practice
  - ☐ Strengthen or regain a sense of faith
  - ☐ Develop my intuition
  - ☐ Use spirituality for healing
  - ☐ Feel more peaceful and centered
  - ☐ Deal with grief and loss
  - ☐ Make sense of spiritual experiences
  - ☐ Forgive myself or another
  - ☐ Create spiritual community
  - ☐ Create more inner peace
  - ☐ Be more mindful and conscious everyday
  - ☐ Achieve salvation / awakening / enlightenment
  - ☐ Explore my religious or spiritual path
  - ☐ Other \_\_\_\_\_
- \_\_\_\_\_

What is your timetable for making those changes?

What specifically would you like to achieve in the next 90 days with your spirituality?