



From the Spiritual Strategies of Dr. Wendel Dandridge

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Spiritual but Not Religious? 20 Questions for the Spiritually Curious

Self-Reflection and Personal Beliefs

1. How do you define spirituality, and what does it mean to you personally?
2. What events or experiences in your life have shaped your spiritual perspective?
3. How do you differentiate between being spiritual and being religious?
4. What values or principles guide your spiritual journey?
5. Do you believe in a higher power, universal energy, or interconnectedness? If so, how do you describe it?

Practices and Daily Life

6. What daily or regular practices help you feel spiritually connected (e.g., meditation, journaling, nature walks)?
7. How do you nurture your spiritual growth in your everyday life?
8. How do you handle moments when you feel disconnected from your spiritual self?
9. Are there rituals or traditions you've created or adapted that hold personal meaning?
10. How do you incorporate gratitude, mindfulness, or self-awareness into your life?

Relationships and Community

11. How does your spirituality influence your relationships with others?
12. Do you feel that your spirituality connects you to a larger community or purpose?
13. How do you communicate your spiritual beliefs to people with differing perspectives?

14. In what ways do you contribute to the well-being of others through your spirituality?

15. How do you handle conflicts or misunderstandings regarding your spiritual identity?

Growth and Challenges

16. What challenges have you faced on your spiritual journey, and how have you overcome them?

17. Are there aspects of spirituality that you find difficult to understand or integrate?

18. What role does forgiveness, for yourself and others, play in your spiritual growth?

19. How do you measure progress or growth in your spiritual journey?

20. What legacy or impact do you hope your spiritual path will leave on the world?