

Activity 2: My beliefs

Use this activity to keep you accountable to your religious beliefs

What do you believe? Although the Wellness Compass Travel Guide doesn't specifically address any one religion, it does encourage belief in a higher power—a mystery beyond our understanding that created our universe and life within it. For many people, their religion or spirituality shapes their beliefs, principles, forgiveness, love, cultural practices, and perspectives on life after death. Travelers are encouraged to use the space below to clarify what they believe and how their beliefs align with their spiritual practices that set the foundation for abundant well-being.

I believe that ...

These spiritual and everyday practices are the key ways in which I demonstrate my faith and spirituality:

I believe that to forgive ...

I believe that to love ...