



# SPIRITUAL JOURNEY

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## Name

First Name

Last Name

This journey is all about YOU and defining your spiritual wellness and what that means to you. This radical self care practice is about optimizing yourself, to achieve your highest health and highest wealth. This is not exactly a linear road, it is not always easy, it is not always light, but it is meaningful and purposeful. When you put yourself first, everything else will follow, it's about carving out the life you want, in this dense paradigm. SO let's begin:

**Where would you say you are on your spiritual wellness journey? (Beginning, Intermediate, Advanced, briefly explain)**

**Did you have a spiritual or religious upbringing?**

**Did you have a spiritual or religious upbringing? What do you think is impacting you the most right now: Spiritually/Energetically/ Mentally/ Emotionally/ Physically**

**On a scale of -10 to 10, where would you place yourself?:** (level -10: experiencing depression, level 0 nothing much going wrong but would like to improve, to level 10: Everything is great, just learning how it can be even better)

**What do you do now for your spiritual well being?**

**Where do you want to see yourself in 1 year?**

**Where do you want to see yourself in 5 years?**

**For people of all cultures and ethnicities, it is important to understand that in the Hale Mana Aura practice of Spiritual Wellness, decolonization and indigenization are keystones that we rely on to gain insight into our individuality and spiritual wellness, is this something you are interested in exploring?**

**Lastly, a spiritual practice begins with small changes that become big changes over time. It's hard to say when we will "achieve" the goal you want, however remaining consistent with your daily practice is paramount. Are you ready to make slow, incremental improvements to your life? Are you ready to put yourself first?**

**Please write anything here you feel is important to your spiritual journey:**