



## Spiritual Practice Exercise

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Developing a time every day where you can connect with your Spirit and your Spiritual Connection can be extremely powerful. This one exercise alone has the power to dramatically change your life by helping you really deeply connect on a Spiritual level.

I suggest you pick a time every day for at least 30 minutes and pick from the list of activities below as a starting point for developing your Spiritual Practice. I would then try it consistently for 2 weeks and then at the end of this time period you can make some changes if you would like or if you are enjoying it—keep it as is.

1. You can walk and be present and mindful of yourself and Spirit as you're walking.
2. Pray
3. Affirmations (only when in alignment/receptive mode)
4. Yoga
5. Chanting
6. Meditation
7. Write what you are grateful for - as many things as you can
8. Write Visioning passages—what you would like to create in your life
9. Journal
10. Dialogue with your Spiritual Connection—ask questions and speak out loud or write down answers
11. Connect with your Spiritual Connection and feel the love it has for you—breathe and take it in
12. Pick an Angel Card
13. Light a Candle
14. Burn incense
15. Dance
16. Do Tai Chi
17. Do Qi Gong
18. Create Vision Board or phone wall paper
19. Draw

- 20. Paint
- 21. Breathwork
- 22. Set Conscious intentions for what you want to experience during the day
- 23. Guided Imagery
- 24. Listen to inspirational recording
- 25. Listen to inspirational music
- 26. Color Mandalas

Now list out things from the above list or other things you would like to do and write down what your Spiritual Practice will be and pick a day when you will start:

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