

Spiritual Well-Being Tip Sheet

Sacred
Design Lab

Belonging

Within Yourself

Spiritually Struggling

Make a list of times when you have felt most like yourself. Now notice patterns on the list: Were you alone or with other people? What were you doing? What were you like?

Spiritually Exploring

For five minutes, try out a practice that focuses on self-awareness, like meditation. You can download an app or just practice sitting still and noticing your breath going in and out. Could you make space for this every day?

Spiritually Journeying

Take a personality assessment such as the Enneagram and read your profile. What resonates? What does it help you to understand about yourself?

Spiritually Deepening

Ask one or more people to join you on an intentional self-discovery process. Consider creating or attending a retreat or workshop that focuses on understanding the self.

Spiritually Flourishing

Engage in a multi-day experience of silence and solitude. Try to do this at least once a year.

With Others

What is something vulnerable you feel safe sharing with a trusted friend or family member, which it would help you to get off your chest?

Intentionally tell the people who are most important in your life what they mean to you. You might say it aloud or write it in a card or an email.

Take the risk of reaching out to someone you've been wanting to get to know better, especially if they're outside your usual circles. Ask them to share a meal (which could be virtual) and share stories.

Join a small group for regular authentic sharing and mutual support and accountability. Lean into your vulnerability and focus on generously listening to others as they share.

Make a proactive effort to welcome a newcomer or stranger. This might be in your town or neighborhood, or within a community of which you're a part.

With Something More

Try and remember one or two moments when you felt part of something bigger than yourself. Where were you? What was happening? Could you do something like it again?

Spend an hour singing, dancing, or playing a sport with other people. Afterward, note down how you feel different than you did before. Do this a few more times and see if you notice a pattern.

Find a way to serve your neighbors this week. That could be through a volunteer organization, or just by shoveling snow, babysitting, or something else that fits your situation.

Learn about the histories of people who've lived where you live, or the people you come from. How are you connected to them through the land, stories, and wisdom that has been passed down?

Creatively tell the story of your community through art or music, reminding others of what makes your neighborhood or ancestry worth celebrating.

Becoming

Purpose

Spiritually Struggling

What is one thing you could watch, listen to, or read that feels connected to your sense of purpose? Pick something that you're drawn to, whether or not it would make sense to anyone else.

Spiritually Exploring

Who do you admire for the way they've lived their life? Learn more about them -- by watching, listening to, or reading things, or even interviewing them if possible. Reflect on how their purpose is connected to your own.

Spiritually Journeying

Find an elder in your life -- someone wise who you look up to, regardless of age. Ask that person to have a "purpose meeting" with you once a month for six months, where you reflect on your sense of purpose. By the end of this season, write down a personal purpose statement.

Spiritually Deepening

What are the personal practices and rituals that help you to align your everyday decisions and actions with your sense of purpose? Consult the traditions and teachers in your life to develop a

Spiritually Flourishing

Who are the two or three people that you can accompany as they find their purpose? Create a more intentional rhythm to check in with

Healing

Take half an hour by yourself to reflect. First think of something painful that you have healed from. How did you do it? Now think of something you still want to heal from. What is one thing you could do to get started?

What is your healing support system? List the people, resources, and practices in your life that you can turn to for support with healing. What's missing that you want to add?

Who in your life has healed from an experience like yours? Reach out to them for a conversation and reflect on how their wisdom might apply to you.

What is the hard thing you've been waiting to do, which will take courage but will contribute to collective healing and liberation? Is now the time to get involved in a community effort? What is standing in your way?

How can you put your own healing journey in service of others who are in pain? Prioritize lifting up others who have experienced suffering like your own.

Seeking

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Beyond

Awe, Wonder, Transcendence

Spiritually Struggling

Listen to a favorite piece of music and close your eyes. Allow yourself to get lost in the music. How would you describe this experience?

Spiritually Exploring

Think about a time you felt awe or wonder. Where were you? Who were you with? What did it feel like? Could you do it again?

Spiritually Journeying

Spend an hour in a park, forest, or other outdoor space. Consciously notice how your body responds to your environment. Reflect on your body's connection to the community of living things.

Spiritually Deepening

Develop a regular practice of reading and reflecting on a text that's meaningful to you, perhaps poetry or scripture. Try returning to the same piece several times in a row and watch how your understanding unfolds.

Spiritually Flourishing

Devote time and energy to engaging your favorite spiritual practice every day. Hold celebrations with loved ones to mark each year that you have lived this way, and recommit to another year.

Possibility, Imagination, Hope

Think of a friend who has made intentional changes in their life for the better. How do they talk about these changes? How might changes like that be possible in your life?

How might you move through discouragement and cultivate hope? Call someone whom you admire for their courage and hopefulness. Ask them how they get unstuck when they encounter obstacles.

Who or what inspires you most? Devote an intentional hour to diving deeper into that source of inspiration, be it through video, images, writing, music, conversation, practices, or oral history.

Invite a group of friends to share stories about possibility, imagination, and hope. Ask them to identify sources of inspiration for them and reflect on how they connect with that inspiration in their everyday lives.

Create a toolbox of stories, songs, texts, and wisdom that stimulates your sense of hope and imagination that flourishing is possible. Seek out others who are struggling and offer to help resource and accompany them on their journey.

Peoplehood, Ancestry

Who do you consider to be "your people"? Think of specific people, like grandparents, people from your neighborhood, or chosen family. Why and how are you connected to them?

Ask an auntie, abuela, cousin, or grandparent for a family recipe. Take a picture or video while you're making it and send it back to them. Even better, serve it to people you love!

Think of someone from among your people who carries great stories and wisdom. Spend more time with them and begin to remember their stories -- whether by writing them down, recording them, or retelling them.

Invite an elder from among your people to spend an hour telling you stories. Ask them how they feel connected to people who came before and who will come after. Invite them to share wisdom that has been passed from previous generations.

Intentionally bring together different generations to share a meal, create something together, or serve your greater community. Come prepared with a few great questions to get people sharing stories about their lives.