



SPIRITUAL WELLNESS

Finding What Grounds You

Spiritual wellness is about connection to something larger than yourself — whether that's faith, nature, purpose, or simply a quiet sense of meaning. It doesn't require a specific belief system, only an honest exploration of what grounds and centers you.

"You don't have to have it figured out. You just have to stay curious."

A GENTLE PRACTICE: PAUSE, REFLECT, CONNECT

This practice invites a few quiet minutes to reconnect with what feels meaningful.

- 1. Pause.** Find a few quiet minutes, free from noise or distraction.
- 2. Reflect.** Ask yourself what has felt meaningful or sacred to you lately, even in small ways.
- 3. Connect.** Choose one small ritual this week — a walk, a prayer, a moment of gratitude — to honor that meaning.

REFLECTION PROMPTS

- *What makes me feel most connected to something greater than myself?*
- *When do I feel most at peace, and what's present in those moments?*
- *What is one belief or value I want to nurture more intentionally?*

This worksheet is a companion for reflection, not a substitute for professional support. If you'd like to explore this further, we're here for you.