

My WellPath

Your Unique
Wellbeing Journey



Spiritual Wellbeing
Journal

Spiritual Wellbeing Activities & Actions Ideas



The following links may help you think about different areas to explore for your spiritual wellbeing.

Go to the [My WellPath: Spiritual Wellbeing](#) page and explore the following topics:

- Exploring What Spirituality Means to You
- Mindfulness & Meditation
- Physical Movement & Spirituality
- Connecting with Nature
- Compassion & Gratitude
- Creativity & Spirituality

Identify Your What's and Why's



When you think of "spiritual wellbeing" what words come to mind?

Based on the words you wrote down, what areas do find challenging?

Which areas would you like to improve or develop and why?

Midway Check-in: How's it Going?



What's working?

What's not working and how am I going to adjust the goal or change the activity?

What else? Are there any other activities or habits I want to try now?

Reflection



Which activities or habits helped me the most?

Which activities weren't as helpful as I expected?

Which activities or habits do I want to keep doing?

Notes



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