Spiritual Connections

Activities to enhance your spiritual connection journey!

Connections to Land

- Watch the snow/rainfall
- Watch a sunrise/sunset
- Take a nature walk for 15 minutes. Notice your environment with all your senses.
- Meditate by looking into a flame (candle or fire work great!)
- Listen to the songs of birds
- Hug a tree (try for 2 minutes)
- Play with a branch/twig/stick
- Investigate rocks and stones
- Sit by a fire and enjoy the warmth
- Create a poem or song about your experience in nature
- Grow your own garden

Connections to Self

- Visualization (10-15 minutes)
- Meditation (10-15 minutes)
- Take a bath just to relax
- Listen to your favorite music
- Body checks
- Create a positive affirmation and recite it every morning/evening
- Yoga
- Exercise
- Work-Life Balance (leave your work at work)
- Journaling
- Set personal restrictions to screen time and social media
- Create time & space just for you
- Read something uplifting

Connections to Others & Community

- Volunteer
- Hold a door open for someone
- Shovel someone's walkway
- Go out for coffee/tea/walk
- with a friend
- Enjoy a games night with your family
- Ask family members during mealtime what made them smile today
- Join a club
- Join a walking club (or any social activity club)
- Visit a place of worship
- Spend time with a loved one
- Meet your neighbors

Spiritual Connection Schedule

Identify what you do to feel a sense of belonging. What helps you feel connected to the land, to yourself, to others and your community? Enjoy the journey!

SUN	MON	TUE	WED	THU	FRI	SAT

OBJECTIVE

MY OWN IDEAS

SELF REFLECTION