

spirituality action plan

It is important for us to take stock of where we are in life and put plans in place to achieve our goals. It is important to do that in our spiritual life as well. We are all spiritual people. The challenge for us is to develop this and search for those elements of a spirituality that we find personally affirming and challenging. Use this handout to reflect on where you are spiritually and where you would like to be in the future.

Where I've Been

Write a paragraph describing your favorite faith memory from when you were between the ages of two and eight. Describe why the memory is such a positive one.

Where I Am

Write a paragraph that answers the following questions:

- What does spirituality mean to me?
- Am I a spiritual person?
- Am I a person of faith?
- What are my major faith beliefs?
- Am I a religious person? Why or why not?

Where I Want to Be

Check the statements that you would like to describe you in the next ten years:

- My image of God is multilayered and includes masculine and feminine traits.
- I feel close to Jesus, who cares for me personally and deeply.
- I believe in the power of the Holy Spirit.
- I belong to a community where I share my beliefs in an outward way, a religion.
- I find many models of holiness in the communities that I belong to.
- I feel comfortable affirming my faith and my spirituality with my friends.
- I feel God's presence in all of creation.
- I am able to pray in many different ways.

Action Plan for the Semester

Look over your responses to the reflection questions above and think about the kind of person you would like to be in the future. Pick two areas that you would like to grow in—your goals. Under each area come up with two or three things you could do to move closer to your goal. Make these action steps concrete and simple.
