

Worksheet

SPIRITUALITY

1. What role has religion played in your life? Are you part of an organized religion? If so, why? If not, why?

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2. What does spirituality mean to you?

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3. How do you nurture your spiritual side?

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4. What role does spirituality play in your everyday life?

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5. How has your belief system been shaped by your spirituality (how you treat others, your belief in God, etc.)?

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