

Beginning the Spiritual Journey

HOW DO YOU DEFINE SPIRITUALITY?

HOW DO YOUR FRIENDS AND FAMILY DEFINE SPIRITUALITY?

HOW HAVE CHANGED SPIRITUALLY SINCE DEPLOYMENT, BOTH POSITIVE AND “ROOM FOR IMPROVEMENT” CHANGES?



The following suggestions and exercises can help guide you:

- Spend time in prayer, meditation and reflection.
- Think with a positive outlook in place rather than a negative one.
- Read Sacred Scripture.
- Spent time in public gatherings with a like-minded community.
- When reading Sacred Scripture, try to identify with a particular character.
- When contemplating spirituality, take some time to assess yourself on the Spiritual Well Being Scale.
- Consider all the words that fall into the concept of spirituality and decide which ones resonate with you the most.
- Listen to music and decide what music strikes a spiritual cord with you. Uplifting music can be helpful to spiritual life, so explore how music can deepen and enrich your spirit in this way.
- Since the body, soul, mind and spirit are interconnected, determine how you can use your spirituality to make tomorrow a better day and to be a person that your loved ones want to be around.
- Try this spiritual exercise – for the next three days, ask yourself the following questions:
 1. How is today going to be a good day?
 2. How will I avoid slipping into my old patterns?
 3. Is there someone that I can help who is going through what I went through?

