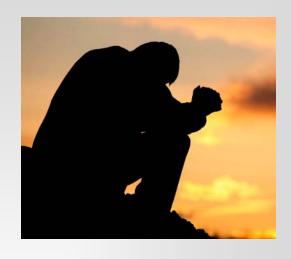
## **Beginning the Spiritual Journey**

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 their someone that I can help who is going through what I went through?

