

**“What do I trust
beyond myself?”**

LOOKING BEYOND SELF



Focus: Connection to something greater than the self.

Reflective Questions

- What do I trust beyond myself?
- When have I felt connected to something greater?
- What gives me a sense of awe or reverence?
- What helps me feel held in difficult moments

Practical Exercises

- Stillness Practice: Sit in quiet reflection or meditation, focusing on breath.
- Daily Reflection: Today, I place my trust in...



How's Your Spirit?



Vibrant



Steady



Tired



CASC / ACSS
Canadian Association
for Spiritual Care / Association canadienne
de soins spirituels

spiritualcare.ca