

“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



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