

“Jumpstart Your Spiritual Life in 2015”
with Jan Lundy

Handout 1

Name 5 intentions for yourself, for your spiritual life, for the coming year.

(5 ways you would like your spiritual life to be different, new or improved upon.)

1.

2.

3.

4.

5.

In 2015, my primary intention for myself and my spiritual life is:

Handout 2

Where Will I Find the Time?

Looking at a typical day in your life, fill in the blanks with your daily schedule. Next, go back through and find the places where you could begin to plug-in your chosen spiritual practices — to make room for Divine connection.

“We have to pay more attention to God, which translates practically into putting more time each day into our spiritual life.” ~ Br. Wayne Teasdale

AM 6:00 _____

7:00 _____

8:00 _____

9:00 _____

10:00 _____

11:00 _____

PM 12:00 _____

1:00 _____

2:00 _____

3:00 _____

4:00 _____

5:00 _____

6:00 _____

7:00 _____

8:00 _____

9:00 _____

10:00 _____

11:00 _____

AM 12:00 _____

Handout 3

“What I Can Do”

This is what I am willing to do and want to do in 2015 to make my spiritual life rich, meaningful, and connective.

(Include the people, places, resources you will need to make this your sacred reality.)

“Spiritual practice is the heart of our spiritual life. Spiritual practice is to the mystical life what food and water are to the body. They are the inner source of nourishment and growth.”

~ Br. Wayne Teasdale