

# Spirituality Worksheet

Describe how you are spiritual or religious in your daily life below:

How does your spirituality or religious beliefs affect your mental health?

How can you nurture your spiritual side? What are some actions you can take each day to support this part of yourself?

# Spirituality Worksheet

Describe your spiritual/religious environment below.

Do you have a sacred space that is personal to you? How do you practice your spirituality here?

Explain how your spirituality or religion is connected to community below.