

## Spirituality worksheets pdf

### What is spirituality

- It is a process of exploring who we are and what our life is.
- Learning moral principles and leading a life full of moral values.
- Recognizing that your problems such as addiction can be solved with spirituality.
- Realizing that we are human beings and mistakes like addiction can be amended.



### **Do the following activities to increase your spiritual health:**

- Exercise.
- Do yoga.
- Meditation.
- Eat healthy food.
- Spend alone time in solitude.
- Engage in community work.
- Don't let negative thoughts affect you.
- Pray to the higher being.
- Seek forgiveness.
- Learn to let go.
- Forgive people around you.