

A Journey into Value Systems

Spiritual Values Worksheet – Foundation

What are my genius key words in spiritual values?

- _____
- _____
- _____
- _____
- _____

List one of the three spiritual definitions that closely represent your spiritual foundation:

- Affecting the spirit
 - Concerned with religious values
 - Relating to supernatural beings or phenomena
-

How does my spiritual value serve me?

- _____
- _____
- _____
- _____
- _____

What other value systems are impacted by my spiritual values?

- _____
- _____
- _____

What are my rituals I use for my spiritual values?

- _____
- _____
- _____
- _____

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My spiritual tools I use are:

- _____
- _____
- _____
- _____
- _____

What are my emotions I use for my spiritual values?

- _____
- _____
- _____
- _____
- _____

What are my affirmations I use for my spiritual values?

- _____
- _____
- _____
- _____
- _____