

**In one word, what
do you believe in?**

**Make space in your
life for you.**

**Unearth abandoned and
postponed loves.**

Cultivate gratitude.

**Make space for
aimlessness.**

**Write a spiritual
memoir.**

Follow your hunches.

**Spend quiet time
listening.**

**Let your heart
speak.**

Embrace messy.

Let it be enough.

**Celebrate
imperfections.**

**Write a 4-word
prayer.**

Let yourself love.

Pray your own way.

Be curious.

Be skeptical.

Be open.

**Be honest with
yourself.**

**Make a boundary
around your beliefs.**

Be unsure.

Suspend disbelief.

**Allow belief to
change.**

Ask for help.

Honor your grief.

Get to know people.

**Get far enough outside
your comfort zone to see
it.**

**Look for evidence of
a loving universe.**

Do good.

Help someone.

Let go of a should.

Question reality.

**Create a safe place
to be you.**

**Get to know your
inner critic.**

**Write a love letter
to life.**

Finish something.

**What's on your care
label?**

Feed your soul.

Look for beauty.

**Find something to
appreciate.**

**Radically accept
your life.**

**Choose what you
have.**

Celebrate what is.

**Go out in the weather
and breathe.**

**Catalog the enoughness in
your life.**

**Write a bedtime
prayer.**

**Write a morning
prayer.**

**How does Something
Greater show up for you?**

**What life roles matter
most to you?**

**Stop, look, listen and
touch.**

**Make a commitment to
one, tiny daily practice.**

Meditate.

**Write a letter to
your helping spirits.**

**Make up your own
creation story.**

**Find out what others
believe in.**

Explore other faiths.

**Live your life as if
you matter.**

Validate yourself.

**Instead of either/or,
try both/and.**

**Quietly defy others'
expectations.**

**Be a safe listener for
yourself.**

**Find people to drum
with.**

**Listen to music that
feeds your soul.**

Sing a soul song.

Host a potluck.

**Go to a church
supper.**

Volunteer.

**Make up a new
story of you.**

**Look for abundance
in nature.**

Ask for guidance.

**Take time to
appreciate someone.**

Find a special stone.

Take a God walk.

**Make a spirit place
in your home.**

**Get rid of something
that's weighing you
down.**

**Greet every kind of
weather with love.**

**Honor the forces of
nature.**

**Take stock of help
you've received.**

Notice what's right.

**Look for moments of
grace.**

Consider forgiving.

Find peace in nature.

**Take a walk in
nature.**

Listen to a tree.

Get lost in a flower blossom.

Let a child teach you.

What's beautiful to you?

Ask your soul for guidance.

Why are you judging?

What if you don't need to be built up?

What do you belong to?

Let your heart have its day.

What's the most intelligent, loving, dependable force you can think of?

What can you place in the safekeeping of something wise?

How could you surrender in the moment?

Make a loving gesture.

**What if Divine will
aligned with your
delight?**

**Do something thoughtful
for someone you don't
like.**

**Write down all your
regrets and worries until
you're empty.**

**Name 10 things that
crack your heart open.**

**Honor your own
contribution.**

