

Spiritual Fitness

Checklist

1

ALIGNMENT

ENERGY

MIND

BODY

PHILOSOPHY

DETACHEMENT

PRESENCE

AWARENESS

2

3

PRACTICE

MEDITATION

JOURNAL

GRATITUDE/INTENTION

NOURISHMENT

CREATIVITY

NATURE

OPTIONAL

4

5

INNER SELF

UNCONDITIONAL SELF-LOVE

GENTLE KINDNESS

HEAL/INTEGRATE

LETTER WRITING

ART THERAPY

DEFAULT LIST

6

