

Spirituality is about being:

- *Positive and creative in all areas of my life*
- *Loving and forgiving of myself and others*
- *Open and welcoming of others' opinions and views*
- *Clear and committed about "walking my talk"*
- *Hopeful and filled with gratitude in the face of my challenges*
- *Bold and strong as I face my fears*
- *Gracious and humble as I acknowledge my need for support of others and of my Higher Power*
- *Alert and aware that there is a Power much greater than myself that is guiding the universe*
- *Connected and attuned to this Divine Source*
- *Mindful and perceptive of my need to seek purpose and meaning in life*
- *Willing and able to give and receive love*
- *Committed and disciplined in my work to stay physically, emotionally, mentally, and spiritually healthy*

-- Author Unknown

For more on this, visit my blog: [Christmas Spirituality](#)

Handout Provided by:

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