



7-Day Journal: Self-Awareness and Spirituality

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Spiritual Development Education Department

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Dear Spiritual Explorer,

Thank you for downloading the Centers for Spiritual Living 7-Day Journal for Spirituality and Self-Awareness. This tool is intended to assist in self-awareness and your unique spiritual nature. It is for the purpose of increasing the good in your life.

Tips for using this 7-Day Journal:

1. Use the provided guide or your own personal journal to record your entries.
2. Set aside time every day to reflect on the questions.
3. Feel free to customize your entries to capture important thoughts and experiences.
4. Periodically, re-read your journal entries and reflect on your personal and spiritual growth and development.
5. Take time to count your blessings, pray and feel gratitude every day!

As you set aside time for journaling, start by centering yourself and becoming still. The following practice can be used before journaling:

Centering Exercise for Journaling

Take 3 deep breaths: Inhale, Hold and Release. On the release, feel yourself getting more and more relaxed.

Take 3 more deep breaths: On the inhale, breathe in peace. On the exhale, breathe out anything unlike peace.

Now began to breathe at a natural rate and rhythm and say to yourself, "I am centered and open in the present moment of now."

When you feel centered, open your eyes and begin to journal.

Many blessings on your journey! I know that as you take the time to invest in yourself, you, in return, are blessed and a blessing!

With Abundant Love~

Rev. Nicole Merges

Spiritual Development Manager

Centers for Spiritual Living

Day 2:

Date: _____ Time of Day: _____

My Prayer/Intention:

Today, I am grateful for:

Day 3:

Date: _____ **Time of Day:** _____

My Prayer/Intention:

Today, I am grateful for:

Day 4:

Date: _____ Time of Day: _____

My Prayer/Intention:

Today, I am grateful for:

Day 6:

Date: _____ Time of Day: _____

My Prayer/Intention:

Today, I am grateful for:

Day 7:

Date: _____ **Time of Day:** _____

My Prayer/Intention:

Today, I am grateful for:

Date: _____ Time of Day: _____

Weather: _____ Mood: _____

Reflection for the day: _____

Date: _____ **Time of Day:** _____

Weather: _____ **Mood:** _____

My Prayer/Intention:

Today, I am grateful for:
