

Understanding My Own Sense of Spirituality

Worksheet: Exploring Meaning, Beliefs & Inner Experience

Important note

This worksheet is an educational support tool, not a replacement for professional mental health, cultural, or spiritual guidance. Exploration should always feel respectful and supportive.

Purpose

This worksheet is designed to help you reflect on spirituality in a gentle, inclusive way. It does not assume belief, religion, or certainty — only openness to understanding your own experience.

Take your time. Skip anything that does not feel helpful.

Part 1: What Spirituality Means to Me

Reflect gently:

- What does the word “spirituality” mean to me right now?

- Does it feel relevant, unclear, important, or distant?

Part 2: Sources of Meaning and Connection

Consider:

- Times I feel connected, grounded, or reflective:

- Experiences that bring a sense of meaning or perspective:

Part 3: Beliefs, Values, and Worldview

Reflect in a way that fits you:

- Beliefs, philosophies, or values that guide how I live:

- Whether my sense of meaning is spiritual, religious, secular, or a mix:

Part 4: Uncertainty and Curiosity

Uncertainty is allowed.

Reflect:

- Questions I feel comfortable holding (without needing answers):

- What curiosity feels safer than certainty for me right now:

Part 5: Spirituality in Everyday Life

Spirituality often shows up quietly.

Reflect:

- Small moments that feel reflective, meaningful, or grounding:

- Ways I already live with intention or care:

Part 6: Boundaries and Wellbeing

Healthy spirituality supports life.

Reflect:

- What feels supportive or nourishing for me:

- What I might gently step back from if it feels pressuring or harmful:

Part 7: A Grounding Reminder

It may help to remember:

“My spirituality does not need to look like anyone else’s.
I am allowed to explore at my own pace.”

Write your own reminder:

Final Reflection

- What stood out to me in this worksheet?

