

## INSTRUCTIONS: MY SPRITUAL JOURNEY WORKSHEET

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This “My Spiritual Journey” worksheet is designed to help you look back at your life and see the progression in how you felt about faith and spirituality, as well as the way you expressed or did not express it, i.e. participation in a faith community or individual study or the absence thereof. Write them down along the path at the time they occurred, from your birth up until your time with us at Bloom today. Also be sure to list what, if any, religion you were born into and the various denominations or practices have been in our life so far.

Do not be afraid of any “gaps” that appear along your path. It is often in those times away that significant change and progress occurs.

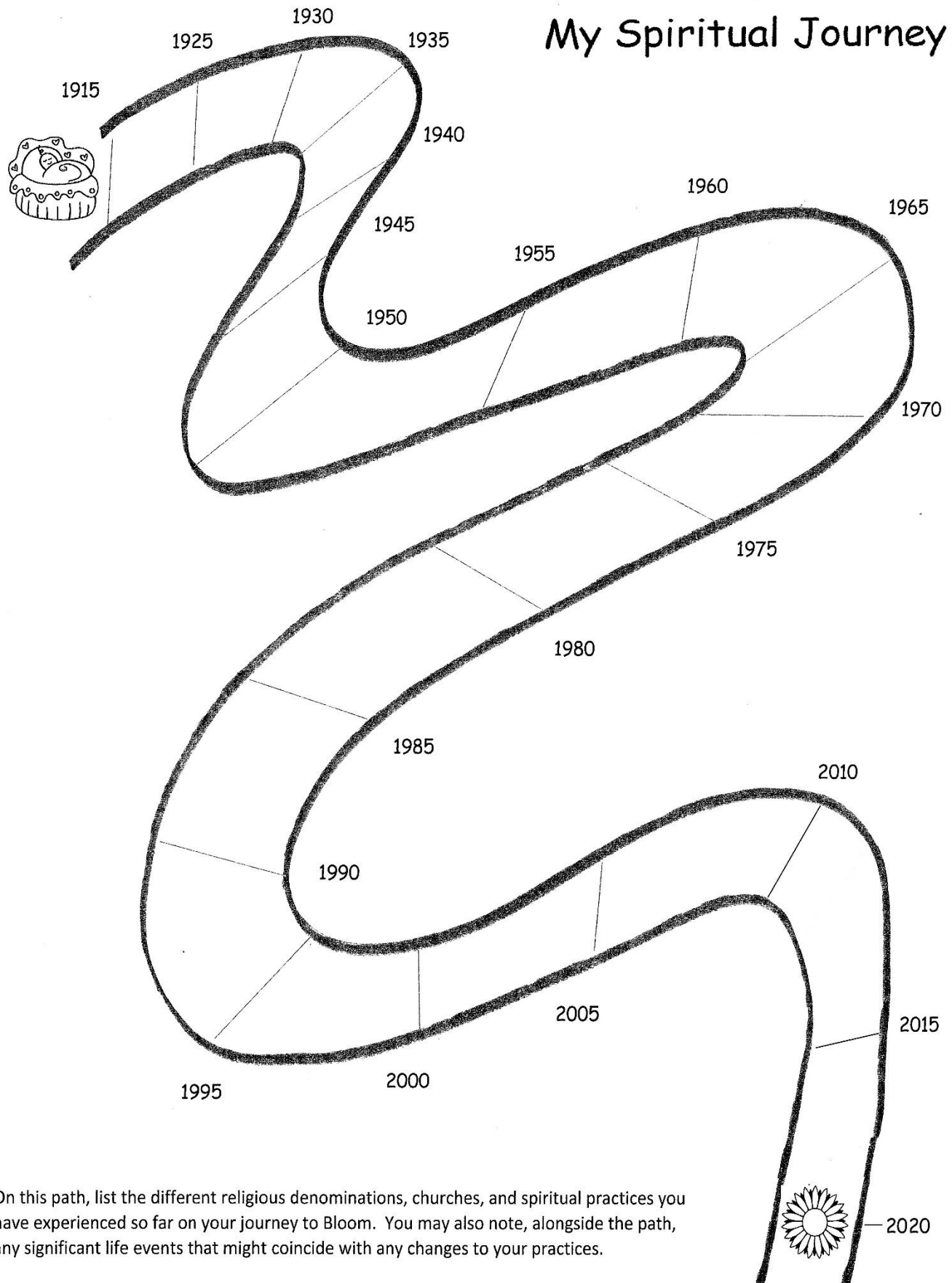
It is also helpful to list significant life changes that happened along the way: moving to new city, new career, relationships, loss, health issues, etc. You may discover a connection between those events and the growth or regression of your spirituality and faith.

All this information can then be shared with other Bloomers to discover similarities between your experiences. A few members have already done so and have been pleasantly surprised at what they have in common and with whom.

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If you have any questions about this worksheet, feel free to contact John DiNapoli, Bloom’s Education Ministry Coordinator and creator of this exercise. You can reach John at [dinoinps@gmail.com](mailto:dinoinps@gmail.com) or (202)215-9297.

# My Spiritual Journey



On this path, list the different religious denominations, churches, and spiritual practices you have experienced so far on your journey to Bloom. You may also note, alongside the path, any significant life events that might coincide with any changes to your practices.