



Divine Intervention: Free Fuel for Happiness

SPIRITUAL RESILIENCE

Your ability to sustain your sense of self and purpose through a set of beliefs, principles or values.

RELIGION

Structured belief system based on core doctrine

SPIRITUALITY

Personal belief system that may, or may not, include belief in a higher power

WHY DO WE AVOID SPIRITUALITY?

Own judgements

Bad experiences

Fell out of habit

Don't know how to get started

COSTS OF AVOIDING SPIRITUALITY

WHY PRACTICE SPIRITUALITY

Solutions

Direction

Guidance

Affection/Acceptance

Gratitude

BELIEFS

RITUALS & PRACTICES

SUPPORT SYSTEM & COMMUNITY

CONNECTING WITH HIGHER POWER

- 1.Say Hello!
- 2.Be yourself/be real
- 3.Ask for what you want
- 4.Be thankful
- 5.Listen/look

SPIRITUAL PEOPLE...

Have positive relationships
Have high self-esteem
Are optimistic
Have meaning and purpose in life
Have a way to navigate life's challenges, big & small

COMFY CHAIR COACHING

Sign up for CCC via email this month and we will find time to talk.

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JOIN ME NEXT TIME

Start your new year off on a positive note as I talk about *Optimism*. January 5th 11 am, PST