

One rule of thumb is that it takes about three weeks to establish a healthy habit. Post the list of spiritual practices where you or your family will see it each day. Choose a different spiritual practice to follow for each day of the week. Use the columns to check off the ones you used. At the end of each week, assess your progress. How do you see these practices growing to be habitual? How are they helping you stay spiritually balanced?

7 Spiritual Practices for Everyday Life

WEEK 1 Experience something natural. Go outside, spend time with a pet, tend a plant, watch

WEEK 2 the movement of the sun's light or gaze at the stars. Give thanks for God's great gifts

WEEK 3 or creation.

WEEK 1 Pause throughout the day to take three deep breaths. Concentrate on breathing in

WEEK 2 and then letting your breath go. If desired, repeat a psalm refrain, such as "Be still

WEEK 3 and know that I am, God" (Psalm 46: 10) as you draw air in and out of your lungs.

WEEK 1 Count your blessings. At the end of the day, take an inventory of the people,

WEEK 2 experiences, and sensations that were part of your day. Give thanks for the ways

WEEK 3 you were blessed.

WEEK 1 Let the words of others inspire you. Read something from an inspirational source,

WEEK 2 such as a Scripture passage, prayer, or reflection from a book or web site. Allow

WEEK 3 those words to guide you through the day.

WEEK 1 Connect with someone who feeds your soul. make a phone call, send a text or email

WEEK 2 message, write a note, pay a visit to a friend, or make a point of having a conversation

WEEK 3 with a family member. Remind yourself anew of the grace of good people in your life.

WEEK 1 Fast from the news. For the entire day, refrain from reading, watching, or listening to

WEEK 2 the news. Instead, pay attention to the news of the world around you—the sights,

WEEK 3 smells, sounds, and tastes that the day brings. Praise God for the gift of your senses.

WEEK 1 Give yourself totally to the task at hand. Refrain from daydreaming, complaining, or

WEEK 2 wishing away the work you have to do. Instead, revel in the wonder of using your

WEEK 3 hands, your mind, your ideas, and your creativity. Give thanks for the gift of work.