



# Daily Spiritual Practice Worksheet

Look Up - Look In - Look Out  
to design your path of  
Daily Spiritual Practice

[Look Up] [Look In] [Look Out]

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Use this worksheet to design your own Daily Spiritual Practice. Designing your practice is an ongoing process. You get to revisit this often and have your practice change as you do. See it as a fluid expression of your heart's desire to see yourself fully as God sees you.

## **Establish your Practice on the 3 Essential Elements:**

**Look Up** to God or a higher power, **Look In** to your divine and highest self, **Look Out** to see others' highest selves and ways you can give and serve.

## **Start with “Why?” Why do you want a Daily Spiritual Practice?**

Some may say, to stay on top of my day or to stay aligned with God when things get tough. But I want you to go even deeper! Why is *that* important to you? Go deeper! Keep asking, “Why?” until you get to a place where you can't find another, deeper answer. Knowing our “Why” helps us stay committed to the practice.

## **Identify elements you want to include in your Practice?**

Let who you want to BE drive what you DO during your Daily Spiritual Practice (what you do, where you go, what you say and to whom). Remember it's being, doing, having (not having, doing, being).

**Here are some “being” examples:** Grateful, Humble, Reverent, Receptive, Consistent, Disciplined, Confirming, Understanding, Unselfed, At One, Introspective, Strong, Peaceful, Precise, Perceptive, Exact, Thorough, Divine, Joyful, Childlike, Fluid, Graceful, Appreciative, Loving, Blessed, etc.

**Here are some “doing” examples:** Read, Listen, Move, Meditation, Sit in Silence, Exercise, Connect to Nature/Animals, Music, Art, Journal, Write Treatments, Speak I AM Statements, State Affirmations, Hike, Walk Animals, Stand Still, etc.



Identify the activities that will scaffold you into the ways of being that are important to you. “Habit stack” - attach a desired way of being to an activity, or pick an activity that prompts you into a way of being.

Examples of this:

- Waking up triggers praying and listening to God, listing gratefuls, going through daily prayers
- Getting out of bed triggers your desire to serve God and be an instrument for peace. (My feet don't touch the floor until I'm in a service mindset, available to do God's work.)
- Going running prompts being disciplined, unlimited, selfless, free, communing with nature, being in the present, flexibility, strength, etc.)

You get the idea... build in activities that prompt ways of being to Look Up, Look In, and Look Out!

## Determine your schedule for your Practice and commit to it

Write down your commitment to yourself and post it in a place where you'll see it every day. Remembering your “why” will give you incentive to stay consistent.

Use the Chart on the next page to work out your desired ‘ways of being’ and by extension ‘doing’ as they intersect with the W’s.

- Who would You have me be?
- What would You have me know?
- What would You have me see?
- What would You have me do?
- Where would You have me go?
- What would You have me say, and to whom?

## Books mentioned during this workshop:

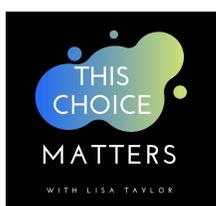
- *The Bible* (King James Version)
- *Start with Why* by Simon Sinek
- *Science and Health with Key to the Scriptures* by Mary Baker Eddy
- *A Course in Miracles* by Foundation for Inner Peace
- Books on habit stacking: *Atomic Habits* by James Clear and *Habit Stacking* by S.J. Scott
- *The Power of Now* by Eckhart Tolle



## Design the Elements of Your Daily Spiritual Practice

(Use the example below as a jumping off point)

	<b>Look Up</b>	<b>Look In</b>	<b>Look Out</b>
<b>Be Who? Know? See?</b> (What qualities do I express while my focus is up, in, out? What kind of person do I want to be?)	Be clear on who God is, understand that I am at one with God, release control, receive all good. (Reverent, humble, quiet, patient, grateful...)	See and love myself as the pure reflection of the divine. Be clear that I can of my own self do nothing. (Alert, humble, expectant, loving...)	Be the reflection of God. Be in a service mindset. (Unselfed, giving, kind, humble, generous, brave, patient, of service, perceptive, intuitive,...)
<b>Do What?</b> (What can I do to bring out those qualities while my intention is up, in, and out?)	Know absolute God. Affirm true Ego. Listen to God. (Pray, Be still and know. Review lessons. read, journal, lean on God, listen, see glory, push beyond limits...)	See my wholeness. See God-self, not personality. Love who I am. (Journal, focus on good, write affirmations, eat well, exercise, discipline thought...)	Be in service to Love. Give. Listen and follow. (Practice listening each morning before rising. Bravely follow God's voice and speak. Listen to hearts not words....)
<b>Go Where?</b> (Where would I go as I'm guided by God, my highest self, being in service to others?)	Go where you feel the power of God, that gets you beyond self. (Go into nature. Be around animals, art, music, dance, sing, good food, design, style...)	Be still in a favorite place and spend time alone. (Go to ocean, overlook, home, mountain, walk/run 1st thing, explore new, challenge comfort...)	Listen to God's guidance and be obedient in following. (Show up to inspire others - look out. Offer to help, give, serve, drive, support...)
<b>Say What to Whom?</b> (What will I say and to whom when I'm focused Up, In, Out?)	Talk to God. Talk about God. Tell stories of healing. Express gratitude. Inspire with words, attitude, and serenity at the store, on the street, in family...)	Be kind and truthful to yourself. Speak only truth to and about me and others. (Be disciplined about self talk and be honest. No gossip, criticism...)	Speak from the heart. (Be brave with kind words and deeds to all you know and don't yet know. Vow to restrain pen and tongue. Be the calm for others...)



	Look Up	Look In	Look Out
<b>Be Who?</b> <b>Know What?</b> <b>See What?</b> (What qualities do I express while my focus is up, in, out? What kind of person do I want to be? Know? See?)			
<b>Do What?</b> (What can I do to bring out those qualities while my intention is up, in, and out?)			
<b>Go Where?</b> (Where would I go as I'm guided by God, my highest self, being in service to others?)			
<b>Say What to Whom?</b> (What will I say and to whom when I'm focused Up, In, Out?)			

