**Playbook to Inject the Healthy Undercurrent of a Connection to God or Higher Power**

*Unmet Primal Need Seed*

[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwiNlYbO2Z7QAhVj_IMKHfsdDrMQjRwIBw&url=http://www.artofsoultransformation.com/&psig=AFQjCNFPSFuaS75L__2Z1LcMHj3ewYvnpg&ust=1478884838573329)

**Spiritual Growth for Our Family**

**Who:**

* Mom, Rachel, James (brother), Aunt Karen, and Kylie (Cousin)

**What**:

* As a family, we want to connect to a higher power/spiritual connection to help us create the family that we envision and help each family member to reach their full potential
* Spiritual growth is both a personal and family process. Each family member will do his/her own individual spiritual growth work, but we will also come together as a family to grow our family’s spiritual connection.

**When**:

* Daily- Each member will do his/her own personal activity that they feel will help them connect or grow their spiritual connection
* Wednesday evenings- Mom and Aunt Karen will check in with each family member and each other.
* Sunday evenings, after family dinner- We will all gather for 1 hour to do a family activity.

**Where**:

* Individually we will pick our own place to do our daily activity. Somewhere quiet and with minimal distractions.
* Weekly family activity will be in the living room or as needed per activity (i.e. church, nature walk, etc.).

**How:**

* Every Sunday evening, we will gather as a family and hear from each member as to how their spiritual process went that week.
* We will do one family spiritual growth activity as a family.
* We will close the Sunday gathering by sharing what each person wants to do that week and pick an activity for the following Sunday.

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| **Individual Spiritual Growth Activities**  *(Additional activities may be developed by the family)* | **Family Spiritual Growth Activities**  *(Additional activities may be developed by the family)* |
| * Meditation * Individual Prayer time * Reading a spiritual guidance book * Take a nature walk * Repeat positive affirmations * Journal your spiritual process/growth | * Pray as a family. Take prayer requests and one person leads in prayer, allowing time for anyone else to pray if they want. * Read a spiritual story together and discuss * Attend a religious service together * Take a nature walk as a family * Create signs/cards of positive passages or affirmations to display in the home * Create a Vision Board as a family of what you want to see your family be and do |