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

*Unmet Primal Need Seed*



**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
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