

Spirituality and Creativity Worksheet

By Linda Dessau, the Self-Care Coach

I choose to call **SPIRIT**: _____ (God, Higher Power, Universe, Mother Earth, Source, _____, _____)

5 Qualities that Spirit has

- 1.
- 2.
- 3.
- 4.
- 5.

5 Things that Spirit does for me

- 1.
- 2.
- 3.
- 4.
- 5.

How I Connect with Spirit

Connect with Spirit in whichever ways work for you. Many creative artists describe themselves as being a channel for something greater. And often it sounds like these messages, these ideas, images and sounds, were zapped through them almost spontaneously and without any effort on their part.

By nurturing an ongoing connection with Spirit, it becomes possible to request and receive that creative inspiration in the moment. Imagine the transformation to your creative life!

Ways I will connect with spirit every day:

- | | | |
|--|--|--|
| <input type="checkbox"/> silent prayer | <input type="checkbox"/> spoken prayer | <input type="checkbox"/> reading prayers |
| <input type="checkbox"/> group prayer | <input type="checkbox"/> singing prayers | <input type="checkbox"/> silent meditation |
| <input type="checkbox"/> spoken meditation | <input type="checkbox"/> mantra meditation | <input type="checkbox"/> walking meditation |
| <input type="checkbox"/> nature meditation | <input type="checkbox"/> gratitude list | <input type="checkbox"/> notes or letters to God |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | |