



Diamond-Studded Demeanor

FINDING OUR WAY TO GOD AND A SOUL-NOURISHING LIFESTYLE, TOGETHER.

REFLECTING ON WHERE YOU ARE NOW

Exploring one's religious journey can be a profound experience that can help individuals find inner peace and a greater sense of purpose. Here are a few journal prompts to help you reflect on what you hope to get out of your religious journey:

1. What draws/drew you to explore your religious journey? Was it a life event, a personal realization, or something else?
2. What spiritual/religious practices do you currently engage in? How do they make you feel? Are there any practices you would like to explore further?
3. Have you experienced any significant spiritual moments or insights recently? How have they impacted you?
4. What do you hope to gain from your religious journey? Is it a sense of community, spiritual fulfillment, personal growth or something else?
5. What customs and behaviors would you like to add to your life? Which behaviors might be best for you to subtract?
6. What challenges, if any, are you currently facing on your journey? What challenges do you anticipate encountering? How can you overcome them?

Remember, your religious journey is a personal one and can take many different forms. Use these prompts as a starting point to explore your own thoughts and feelings on the matter.