

**Spirituality**

No matter what your personal religious or spiritual beliefs are, you may find it useful to consider these questions as you explore the role of spirituality in your health goals.

How does my spirituality affect my current health?

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What areas within my spirituality do I want to devote more time and attention to? What impact will this have on my overall well-being?

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What current behaviors are inconsistent with my spiritual values? What impact do those inconsistent behaviors have on my overall well-being?

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What am I learning from this exercise and where do I see myself going now?

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How is my spirituality connected to other areas of the Wheel of Health? What impact do my spiritual beliefs have on the other areas?

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