

Discovering What Already Feels Sacred

TRANSFORMATIONAL EXERCISE WORKSHEET



For one day, simply notice the moments that already feel sacred in your life. Do not add anything new. Instead, pay attention to the ordinary moments that bring you peace, connection, or a sense of the Divine. When you notice one of these moments, pause and give it your full attention for a few breaths. Use the spaces below to record up to five moments from your day.

	What was I doing? <i>What activity or moment was I experiencing?</i>	What did I notice? <i>What caught my attention? What did I see, hear, feel, smell, or sense?</i>	How did I feel? <i>What emotions or sensations arose in this moment?</i>	What made this moment feel sacred or meaningful? <i>Why did this moment feel special or spiritually significant?</i>
1				
2				
3				
4				
5				

The three moments that felt most meaningful were...

Look over your entries above. Which three moments felt the most sacred, peaceful, connected, or spiritually meaningful? Write about them below.

-
-
-

One ordinary moment I would like to begin approaching more intentionally is...

Choose one moment from your day (or another moment that comes to mind) and write about how you might begin approaching it as part of your spiritual practice.

"Should" vs. "Sacred"

REFLECTION PAGE

It can be easy to develop a list of things we think we should be doing as a witch. Some of these expectations come from books, teachers, social media, or other practitioners.

Others come from our own idea of what a "real witch" is supposed to look like.

This page will help you separate those "shoulds" from the practices that genuinely help you feel connected, grounded, and spiritually nourished.

Things I Think I Should Do

What do I believe I "should" be doing as part of my spiritual practice?

Things That Actually Help Me Connect

What practices do I genuinely enjoy or feel drawn to?

Where Did My "Shoulds" Come From?

Consider books, teachers, social media, other practitioners, family, or your own expectations. Which influences have shaped what you think you "should" be doing?

Which Expectations Am I Ready to Release?

Look over your list of "shoulds." Which ones feel more like pressure or obligation than genuine desire? What can you let go of, at least for now?

Which Practices Genuinely Call Me Back?

What practices, even small ones, make you feel more like yourself? Which ones bring you peace, joy, connection, or a sense of the sacred?



Lesson 1 Journal Page



WHAT IS A DAILY SPIRITUAL PRACTICE?



Take time to reflect on the questions below. There are no right or wrong answers. These prompts are here to help you explore what daily spiritual practice means to you and how it can support your unique path.

1

What does “daily spiritual practice” mean to me right now?

When you hear these words, what comes to mind? Does daily practice feel inviting, overwhelming, peaceful, structured, mysterious, or like another responsibility? Write about your first reaction.

2

What spiritual practices already feel natural to me?

Think about prayer, grounding, nature, meditation, divination, journaling, candle work, gratitude, music, movement, or anything else that helps you connect. Which practices feel like something you genuinely want to return to?

3

Where have I picked up ideas about what I “should” be doing?

Consider books, teachers, social media, other practitioners, or your own expectations. Are there practices you believe you ought to be doing even though they do not currently hold much meaning for you?

4

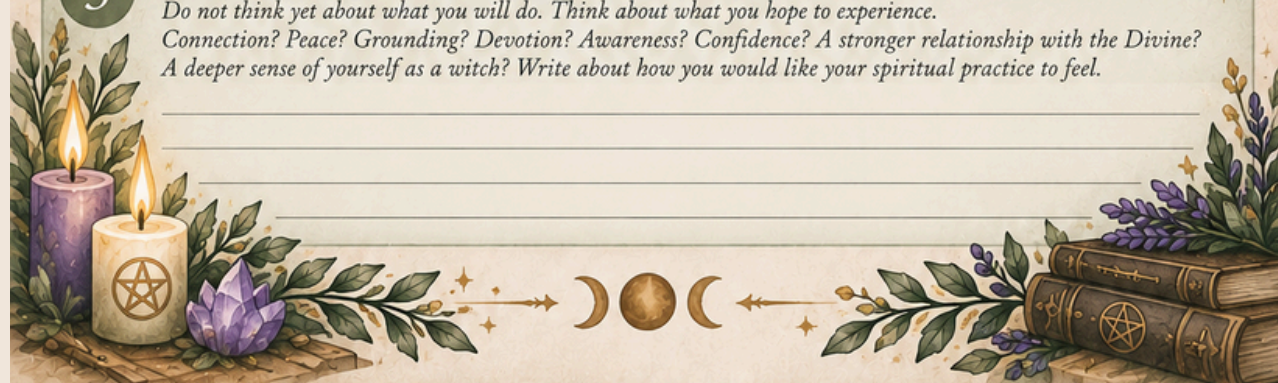
What helps me feel connected rather than simply busy?

Think about the difference between performing spiritual activities and actually experiencing spiritual connection. What changes inside you when a practice becomes meaningful?

5

What would I like my daily practice to give me?

Do not think yet about what you will do. Think about what you hope to experience. Connection? Peace? Grounding? Devotion? Awareness? Confidence? A stronger relationship with the Divine? A deeper sense of yourself as a witch? Write about how you would like your spiritual practice to feel.



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My Definition of
Daily Practice

At the beginning of Month 7,
daily spiritual practice means...

I want my practice to help me feel...

I want to make room for...

I give myself permission to...

My practice does not have to prove anything.
It is a place where I can...

