



My Daily Practice Menu

A COLLECTION OF PRACTICES TO NOURISH MY PATH

Use this worksheet to create your own daily practice menu. Choose practices that feel meaningful, supportive, and true for you. This is a collection of possibilities, not a list of requirements. You can return to this page anytime and change it as your path evolves.



Foundational *Small Ways to Reconnect*

Foundational practices are simple, familiar actions that help you return to your spiritual center. They are often quick and easy, and can be woven into ordinary life. Their simplicity is part of their power.

MY FOUNDATIONAL PRACTICES (choose 3–5)

1. _____
2. _____
3. _____
4. _____
5. _____

Examples:

- Grounding and centering
- Lighting a candle
- A short prayer
- Gratitude
- A simple affirmation
- Greeting the Moon or Sun
- Time in nature
- Touching a sacred object
- Setting an intention



Enriching *Ways to Deepen My Connection*

Enriching practices give you opportunities to explore, learn, and experience your Craft more fully. They may take a bit more time or preparation, and help you build a deeper relationship with the Divine, nature, and yourself.

MY ENRICHING PRACTICES (choose 3–5)

1. _____
2. _____
3. _____
4. _____
5. _____

Examples:

- Meditation
- Tarot or oracle cards
- Journaling
- Studying a spiritual topic
- Working with herbs or crystals
- Tending your altar
- Making an offering
- Energy work
- Sacred creativity
- Exploring a deity
- Observing the seasons



Transformational *Opportunities for Growth*

Transformational practices invite deeper reflection, personal growth, and meaningful change. They may take more time or intention, and can help you explore your beliefs, patterns, and relationship with the sacred.

MY TRANSFORMATIONAL PRACTICES (choose 2–3)

1. _____
2. _____
3. _____

Examples:

- Personal ritual
- Deep journaling
- Working with a long-term intention
- Examining beliefs or patterns
- Devotional practice
- Forgiveness and release work
- Making intentional changes in your life
- Exploring a spiritual question



The practices I'm most excited to explore are...



One practice I'd like to try this week is...



The Three Layers of Daily Practice

DIFFERENT PATHS ★ SHARED PURPOSE

Each layer of practice offers a different way to connect with the sacred, support your well-being, and explore your path. Together they create a rich and balanced spiritual life.



Foundational *Reconnect*

THE SMALL ACTIONS THAT HELP YOU RETURN TO YOUR SPIRITUAL CENTER.

Foundational practices are simple, familiar activities that help you feel grounded, present, and connected. They are often quick, easy, and can be woven into ordinary life. Their simplicity is part of their power.

EXAMPLES

- Grounding and centering
- Three slow breaths
- Lighting a candle
- A short prayer
- Gratitude
- A simple affirmation
- Greeting the Moon or Sun
- Time in nature
- Touching a sacred object
- Setting an intention

These practices help you stay connected, even on the busiest days.



Enriching *Explore*

THE ACTIVITIES THAT DEEPEN YOUR UNDERSTANDING, AWARENESS, AND CONNECTION.

Enriching practices give you opportunities to explore, learn, and experience your Craft more fully. They may take a bit more time or preparation, and help you build a deeper relationship with the Divine, nature, and yourself.

EXAMPLES

- Meditation
- Tarot or oracle cards
- Journaling
- Studying a spiritual topic
- Working with herbs or crystals
- Tending your altar
- Making an offering
- Energy work
- Sacred creativity
- Exploring a deity
- Observing the seasons

These practices help you grow your knowledge and experience your spirituality more deeply.



Transformational *Grow*

THE DEEPER EXPERIENCES THAT INVITE REFLECTION, GROWTH, AND MEANINGFUL CHANGE.

Transformational practices encourage you to explore your beliefs, patterns, and intentions more deeply. They may involve extended reflection, personal spiritual work, or an intentional effort to bring what you have learned into your everyday life.

EXAMPLES

- Personal ritual
- Deep journaling
- Working with a long-term intention
- Examining beliefs or patterns
- Devotional practice
- Forgiveness and release work
- Intentional change in your life
- Exploring a spiritual question
- Aligning your actions with your values
- Extended meditation or visualization

These practices support personal growth and can create meaningful change over time.

These are different purposes, not levels of achievement.

All three layers are valuable and can be part of your spiritual life. You do not need to master one before exploring another, and one type of practice is not more important than the others. Choose what calls to you, in the way that supports you today.

Choosing What I Need Today

5-Day Exploration Tracker

Use this tracker to experiment with choosing your practice based on what you need each day. There are no right or wrong choices. Notice how different practices support you in different ways.

Day 1	Today I'm feeling...	What I need spiritually today is...	The practice I chose...	How I felt afterward...

Day 2	Today I'm feeling...	What I need spiritually today is...	The practice I chose...	How I felt afterward...

Day 3	Today I'm feeling...	What I need spiritually today is...	The practice I chose...	How I felt afterward...

Day 4	Today I'm feeling...	What I need spiritually today is...	The practice I chose...	How I felt afterward...

Day 5	Today I'm feeling...	What I need spiritually today is...	The practice I chose...	How I felt afterward...

What Did I Notice?

The practices I returned to most often were...

Something that surprised me was...

One change I'd like to make to my menu is...

My Practice, *My Choices*

REFLECTION WORKSHEET

Take time to reflect on your spiritual interests, motivations, and needs. There are no right or wrong answers. This worksheet will help you understand what truly calls to you and how to keep your practice menu supportive, meaningful, and uniquely your own.

What Draws Me In?

Which spiritual activities make me feel curious, peaceful, joyful, or connected? What do I genuinely enjoy, and why?

What Am I Doing Out of Obligation?

Are there practices I keep choosing only because I think I should? What expectations—my own or others'—might be influencing my choices?

What Would I Like to Explore?

Which activities interest me but still feel unfamiliar? What would I like to learn more about or experience for myself?

What Can I Let Go Of?

Which practices don't need a place in my life right now? Are there activities that no longer feel meaningful, supportive, or aligned with where I am on my path?

My practice menu is an invitation, not an obligation.

These are possibilities, not requirements. You get to choose what feels right, change your mind, and let your practice evolve. Trust what calls to you, and allow your spiritual practice to support your life in a way that feels meaningful, nourishing, and true to who you are.

LESSON 4

Journal Page

CREATING YOUR DAILY PRACTICE MENU

1

Which practices do I genuinely look forward to?

2

Which of the three layers feels most natural to me right now?

3

How does having choices change the way I approach daily practice?

4

What did I discover when I chose my practice based on what I needed?

5

How can I keep my practice menu from becoming another list of obligations?