

What Spiritual Wellbeing Means and Why it's Important



WHAT IS SPIRITUAL WELLBEING?

Spiritual wellbeing involves finding your life’s meaning and purpose and understanding the values, beliefs, and morals that guide your actions.

Spiritual wellbeing is NOT:	Spiritual wellbeing IS:
<ul style="list-style-type: none">✗ Being a deeply religious person✗ Going to a worship place on a regular basis✗ Forcing a set belief system on yourself and expecting others to follow✗ Living life according to rigid rules and cultural norms✗ Doing what you want to do, and not caring for what others think because your way and belief system is the right way to live	<ul style="list-style-type: none">★ Having a relationship with yourself, your heart, and your soul (essence of your being and life purpose)★ Acknowledging your personal beliefs★ Having a relationship with people around you and relating to your environment and culture★ Experiencing life according to your life purpose and values★ Committing to your life purpose, values, and faith. Surrendering to “what is” (anything that is here in the present moment)



As a result of strengthening your spiritual wellbeing, you:



- ✓ Strengthen your relationships with others
- ✓ Radiate positivity into the spaces you occupy
- ✓ Impact your life and others in a way that supports your life purpose and values
- ✓ Are mindful and at peace as you connect with others
- ✓ Are more likely to practice self-compassion, confidence, and resilience
- ✓ Are accountable and responsible for your own actions

