

SPIRITUALITY. Some call it GOD. Some call it the Universe. Some call it Divine Intelligence. Some... just don't know what to call it. Whatever you choose to call it, most would agree that there is an unexplainable "IT" that exists. It is our belief, that we are always in a process of co-creating with that power, therefore, we must know how we are relating to it. On the scale to the right, rate your relationship with whatever you would call "spirituality" and then answer the questions below.

On a scale of 1-10, (10 being HOLY COW amazingness, 0 being a complete flat line) rate this area of your life, as it occurs for you RIGHT NOW.

BE HONEST.
(We won't tell anyone.)

What three words can describe where you currently are on the scale?

- 1. _____
- 2. _____
- 3. _____

What would a "10" in this area look like for you?

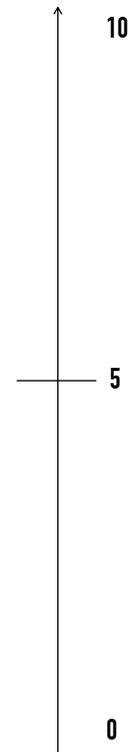
- 1. _____
- 2. _____
- 3. _____

What specific outcomes would you like to accomplish in this area?

- 1. _____
- 2. _____
- 3. _____

Why is it critical that you make a shift in this area? What are you fed up with?

SPIRITUALITY



What negative beliefs do you have about this area of your life?

1. _____
2. _____
3. _____

What are the prices you pay for standing in your own way?

1. _____
2. _____
3. _____

What does the word "GOD" mean to you?

Describe a time you've felt truly connected to something bigger.

Who were you being when you felt this? (ex: Open, Vulnerable, Connected, Committed, Surrendered)

What IMMEDIATE actions could you take to move closer to a "10" in this area?

1. _____
2. _____
3. _____

YOUR STEP OF GREATNESS: Complete ONE of the IMMEDIATE actions listed above in the next 24 hours.

*We are not
human
beings
having a
spiritual
experience.*

*We are
spiritual
beings
having a
human
experience.*

****SEE NEXT PAGE FOR REFLECTION QUESTIONS + BONUS ACTIONS****

REFLECTION QUESTIONS: WEEK ONE

Email all answers to bridgemethod@gmail.com
with subject: ACCOUNTABILITY WEEK ONE

1. What's coming up for me?
2. What discoveries did I make?
3. How do I feel about where I stand?
4. What am I most afraid of?
5. What am I most excited about?
6. What am I committing to for next week?

BONUS ACTIONS:

1. Choose an area of your home (your bedroom, your bathroom, your backyard, your den, your closet) to organize, simplify and beautify. The result should be a space that makes you feel relaxed and happy.
2. Spend a minimum of 30 minutes doing something you love (that doesn't include electronics). This could be going for a walk, reading (yes, you can read on your kindle!), drawing, playing with a pet or with your kids.