



JOURNAL JUMP-STARTS // APRIL

Mind-Body Inventory (*Part Three: Spiritual*)

What are your sacred languages?

What are your current practices?

What were your past practices?

Where do you find inspiration?

What feeds your spiritual life?

What starves your spiritual life?

What messages are you receiving?

What messages are you sharing?

Every month, get a FREE PDF to JUMP-START JOURNALS!

www.regenwriting.com

The Regenerative Writing Institute