

## 35 Spiritual Goals

1. Develop a daily meditation practice.
2. Read and reflect on sacred texts.
3. Attend religious services regularly.
4. Practice gratitude daily.
5. Engage in regular prayer.
6. Participate in community service.
7. Seek out spiritual mentorship.
8. Join a spiritual study group.
9. Keep a spiritual journal.
10. Practice mindfulness in everyday activities.
11. Fast for spiritual growth.
12. Make a pilgrimage to a holy site.
13. Volunteer at a local charity.
14. Cultivate a habit of forgiveness.
15. Spend time in nature to connect with creation.
16. Practice compassion and empathy.
17. Simplify your life to focus on what truly matters.
18. Develop a practice of silence and solitude.
19. Create a sacred space in your home.
20. Study the lives of saints and spiritual leaders.
21. Engage in acts of random kindness.
22. Reflect on your life purpose and calling.
23. Participate in retreats and spiritual workshops.
24. Set aside time for spiritual reading.
25. Practice tithing and generous giving.

26. Foster an attitude of humility.
27. Engage in spiritual art or music.
28. Develop a practice of daily examen or self-reflection.
29. Share your faith journey with others.
30. Practice hospitality and welcome strangers.
31. Cultivate inner peace through yoga or tai chi.
32. Seek to resolve conflicts peacefully.
33. Focus on living in the present moment.
34. Engage in contemplative prayer or centering prayer.
35. Dedicate time to intercessory prayer for others.