



Spiritual Practice Ideas

A **daily spiritual practice** refers to any ritual that we perform each day to nurture our deep inner being. A **spiritual practice** quiets the mind and brings us into a state of peace or harmony with ourselves.

Here are some ideas to cultivate your own practice:

Carry an inspirational stone or reminder with you (like a mala)

Use essential oils to elevate your mood

Listen to guided meditations

Spend time in nature

Prayer

Eat a meal in silence and slow down

Start your day unconnected for 30-60 minutes

End your day unplugged for 30-60 minutes

Exercise of any form from yoga, cycling, to walking

Pull a tarot card

Use crystals

Start a gratitude practice

Perform one random act of kindness a day

Share a genuine compliment or note of appreciation with someone for no reason