



Honoring the Spirit

Honoring the Spirit is about connection to the sacred, however you conceive it. It is taking the time to honor the light within each one of us, to honor the spirit of our schools, organizations and ourselves.

Ideas for Honoring the Spirit

Arts & Music

- Select a work of art, a painting or sculpture of beauty, and reflect on the message it has for you
- Listen to a piece of beautiful music, allowing it to flow through you
- Create your own piece of art, however humble, knowing you are adding to the beauty of the universe
- Find an inspiring video that uses music or art to touch your soul.

Nature

- Take time for a “spirit walk.” Spend 10-15 minutes in nature and find something that captures your attention. Spend some time in quiet reflection, asking “what is your message for me?”
- Find a video that takes you through the beauty of nature. You can visit places you’ve never seen!

Reflection

- If you pray, take time for connecting to your source. Read inspirational books.
- Learn to meditate. Even 5 minutes can change your perspective. If you feel you can’t meditate, then take 5 minutes to breathe deeply and peacefully.
- Journal. Take time to write down your thoughts. Writing down 3 things you are grateful for each day has been shown to boost happiness.
- Make routines of reverence in your family. This can be the family dinner or any routine where you come together, creating a sacred time to honor one another and really listen.