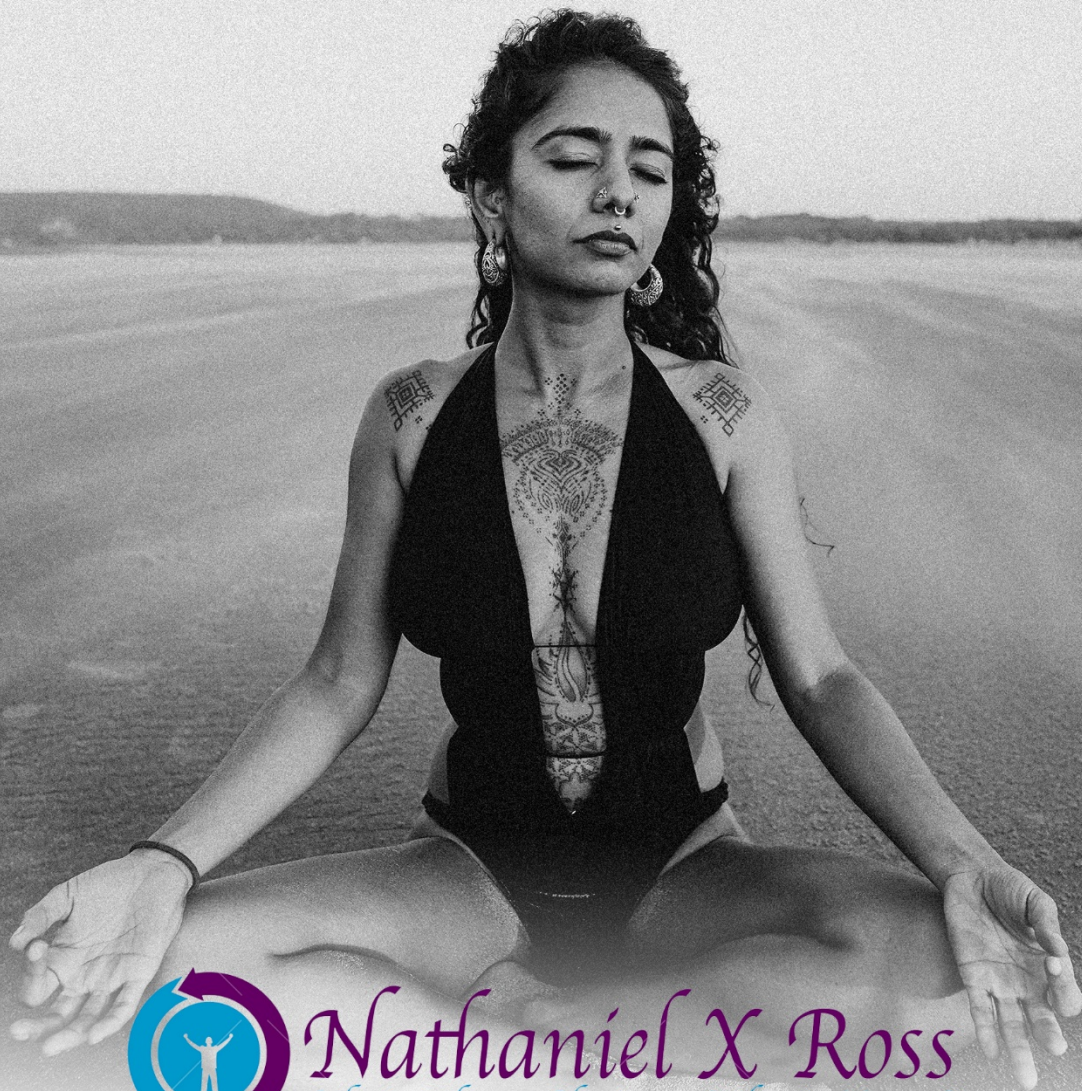


I AM SPIRITUALLY RICH



Nathaniel X Ross
Life is About Choices...What's Yours?

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I AM SPIRITUALLY RICH



I have a rich spiritual life. I have everything that I need to be happy.

I HAVE A DEEP CONNECTION TO THE SPIRITUAL WORLD.

I know there is more to life than the physical trappings of this earth. I understand that there is a greater purpose for my life.

My spirituality is just one part of my wealth. My wealth also includes my experiences, knowledge, and love. My talents and skills are gifts. My family and friends make me rich.

I meditate and reflect on my experiences. I look for moments of peace and quiet. I find solace in writing, reading, and other calm activities.

I connect to the universe to maintain my spirituality. I nourish my spiritual side with daily devotions. **These devotions help me to clarify my values, set priorities, and focus on what's most important to me.**

I remove the obstacles to my faith. I eliminate negative thoughts and ideas. I focus on the positive aspects of my faith.

I DERIVE GREAT STRENGTH FROM MY SPIRITUALITY.

It props me up during difficult times. It gives me the courage to keep going. It allows me to overcome obstacles and challenges in my path.

Today, I focus on my spiritual side. My spirituality brings me gifts that make life easy, meaningful, and fulfilling. I see that I am spiritually rich.

SELF-REFLECTION QUESTIONS:

1. How can I make my spiritual side a greater part of my life?
2. What can I do to show others that being spiritually rich is important?
3. How can I teach my kids to value spirituality?