

01.01 Ecospirituality and Connection

Name _____ Date _____

This workbook and the ecospirituality program define spirituality as *connectedness*. What are some of the things that help you feel connected to others?

What are some of the things that help you to feel connected to nature?

What are some of the things that help you feel connected to your own True Self?

(NOTE: Your True Self is the person you are in the process of becoming; who you would be if you had no limitations or constraints on being who you want to be; how you would live if you were free to live fully according to your own true nature)

What are some of the barriers to this type of connection that you may have experienced in your own life?
