



## Building Faith & Hope

While the Spiritual dimension focuses on principles/truths that support your purpose and potential, the skills that service this dimension include faith and hope. When was the last time you explored your faith? Not your religion, but your faith? What do you have faith in?

Let's take some focused time to explore your faith or what you have faith "in". This may include your faith in a higher power, faith in the natural order of things, faith in the ultimate goodness of people, justice, love, the right outcome to situations—the principles/truths you rely on as unchangeable and immovable.

As a second part to this practice, consider where this faith came from. What experiences, evidences, or beliefs have increased or secured your faith in those principles/truths on your list?

I have faith in:	Where does this faith come from?

Consider how these elements of faith contribute to your flow and becoming your best self.



I am hopeful about:	Where does this hope come from?

Consider how these elements of hope contribute to your flow and becoming your best self.

Now, consider how both faith and hope, when exercised, support your capacity to remain focused in the moment. With worry and uncertainty taking a back seat to a greater sense of well-being, trust in something larger than self.

