



Spiritual Reflection

*A Guided Journaling Exercise to
recognize your **Spiritual** goals, intentions &
aspirations*



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*A **Free Offering**
to inspire your Sādhanā and
support Inner Alignment*





Introduction

This exercise invites you to pause, turn inward, and connect with your own truth. Notice what your spirit is reaching toward. Let these questions open space for clarity, sincerity, and a deeper recognition of what feels sacred to you. They are meant to guide your reflection, support your sādhanā, and inspire intentional steps on your spiritual path.

1. What does spirituality mean to me?

How do I personally understand it?

What words, images, or feelings arise when I try to define my spiritual life in my own language?

2. Am I on course?

What do I currently do to nurture my spiritual health?

Are there small rhythms I return to – daily, weekly, monthly, or at sacred times of the year?

This may look like morning or bedtime prayer, offering gratitude to the sun, fasting on new or full moon days, meditation, mantra, reading sacred texts, or time spent in silence or nature.

3. What is the intention behind these rhythms?

Why do I do them, and how do they nourish me?. What do I long for on my spiritual path?

What would I like to see unfold in the coming year?



What are my goals, aspirations, and deeper wishes?

Examples you may reflect on:

- *I want to meet a teacher or guide.*
- *I want to spend more time reading or learning.*
- *I want to deepen my meditation or chanting practice.*
- *I want to connect with a like-hearted community.*
- *I want to live with more presence, stillness, and attunement to nature.*
- *I want to continue doing what already feels right.*
- *I want to try something new and meaningful.*

4. What do I truly desire?

After reflecting on these questions, write down what you desire for your spiritual life.

What do you wish to experience or embody?

Is it inner peace, emotional balance, a sense of connection, communion with the divine, spiritual clarity, awakening, or something else?

Why do you want this — and how do you intend to walk toward it with intention and dedication?

Compose a Statement of Intention

From this reflection, create a clear statement of intention or an affirmation. Let it hold the essence of what you discovered — a sentence that feels true, rooted, and alive for you. You may bring this into your spiritual practice, carry it with you over the coming days or months, and allow it to serve as a reminder of what you are cultivating within.

*May this reflection pave the way for
deeper alignment, presence, and sacred remembrance.*