



## Spiritual Awakening: How to Make It a Simple Practice

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This worksheet will guide you through the 4 steps of a spiritual awakening and empower you to apply these steps in a practical way so that you can make positive changes in your life.

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### 4 Stages of a Spiritual Awakening Your Cheat Sheet

1. **Death** - Let go of your persona and views of the world
2. **Purification** - Accept your true self and forgive yourself
3. **Consciousness** - Realize a higher level of awareness
4. **Full Potential** - Seize opportunities to create value

We're going to travel to the past, present, and future to illustrate how the 4 stages can be used in a practical way.

First, you'll reflect on a change you made in your life already.

Then, you'll reflect on a change you'd like to make now.

These two steps will uncover a practical way to use these vague concepts in your everyday life.

Then, using this perspective, you'll challenge yourself to envision what a full spiritual awakening might look like for you.

Think back to a time in your life when you went through a major change, or transformation, of some sort. Describe it.

What parts of yourself, or your life, did you have to let go of during the Death stage?

What did you have to come to terms with, and maybe forgive yourself for, during the Purification stage?

What did you become more aware of during the  
Consciousness stage?



What was the final stage of this transformation for you? The  
Full Potential stage?



In what ways is your life different now, as compared to your  
life before the transformation.



Next, think of a facet of your life that you'd like to change or transform now. Describe it.

What parts of yourself, or your life, will you have to let go of during the Death stage?

What will you have to come to terms with, and maybe forgive yourself for, during the Purification stage?


What will you need to become more aware of during the  
Consciousness stage?



What will the final stage of this transformation process look  
like for you? The Full Potential stage?



In what ways will your life be different, as compared to your  
life now, before the transformation.



Now that you've envisioned ways to apply these practices to your everyday life, can you imagine what a full spiritual awakening might look like for you?

What would you be more aware of? How would your perception of reality change? And would you feel?

Now, there's nothing left to it but to do it 😊

Reach out if I can offer any other inspiration, advice, or encouragement.

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