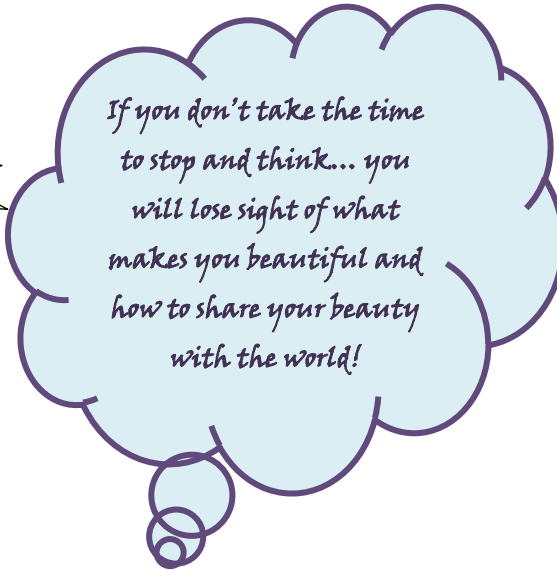


SPARK Forever: Healthy Spirit Quiet Time Worksheet

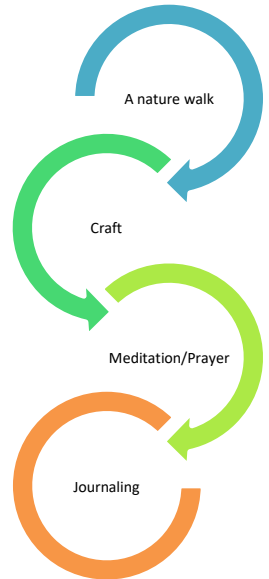
STOP THE NOISE!



BUT WHY?!



AND HOW?!



What about YOU?!

What are you thinking about right now?

- _____
- _____
- _____
- _____

What do these thoughts and feelings mean to you?

- _____
- _____
- _____
- _____

Quiet Time and Listening to your heart allows you to...

Realize how you feel

Think about why you feel the way you do

Appreciate and respect your feelings... good or bad

Celebrate good feelings; Resolve and release bad feelings

