

Spiritual Principles Worksheet

1. What does the word "principle" mean to you?

2. What principles have you lived by throughout your life (spiritual or otherwise)?

a. How have your actions reflected these principles?

b. How have these principles served you and others?

c. Which unhealthy principles are you willing to let go of?

3. What new spiritual principles are you seeking to adopt as you grow in your recovery journey? Explain.

4. What healthy new spiritual principles do you think will be the most challenging to adopt? Why?
