

Monthly Spiritual Practice Planner



Month: _____

Intentions for This Month

Set 1-3 specific intentions for your spiritual growth this month:

1. _____
2. _____
3. _____

Weekly Practice Schedule

Week 1: ___/___/___ to ___/___/___

Daily Practices:

- Morning: _____
- Throughout day: _____
- Evening: _____

Weekly Practices:

- Mini-Sabbath (day/time): _____
- Nature Connection: _____
- Digital Detox: _____

Special Focus:

Week 2: ___/___/___ *to* ___/___/___

Daily Practices:

- Morning: _____
- Throughout day: _____
- Evening: _____

Weekly Practices:

- Mini-Sabbath (day/time): _____
- Nature Connection: _____
- Digital Detox: _____

Special Focus:

Week 3: ___/___/___ *to* ___/___/___

Daily Practices:

- Morning: _____
- Throughout day: _____
- Evening: _____

Weekly Practices:

- Mini-Sabbath (day/time): _____
- Nature Connection: _____
- Digital Detox: _____

Special Focus:

Week 4: ___/___/___ *to* ___/___/___

Daily Practices:

- Morning: _____
- Throughout day: _____
- Evening: _____

Weekly Practices:

- Mini-Sabbath (day/time): _____
- Nature Connection: _____
- Digital Detox: _____

Special Focus:

Monthly Practices

Home Clearing Ritual (date): _____

Service Project: _____

Learning Circle: _____

Seasonal Reflection: _____

End of Month Review

Practices that were most meaningful:

Challenges encountered:

Insights gained:

Focus for next month:

*For additional spiritual resources and tools, visit positive4mind.com
Track your practice with the Daily Mood Journal app from positive4mind.com*