

# Parenting with Spirituality



On a scale of 1-10, each partner rate how important parenting with spirituality/religion is to you. (1-not important, 10-very important)

Why did you select that rating?

How aligned are your ratings? If they aren't aligned, how can you compromise and find a solution?

Check out the example of parenting with spirituality below, then each partner fill out your own sheet.



# Parenting with Spirituality



**EXAMPLE SHEET:** Fill out your preferences for how you'd like to incorporate spirituality into your children's lives

## *Daily Practices:*

- Gratitude journal
- Deep breathing/meditation
- Prayer before dinner
- Time outside
- Prayer before bed

## *Weekly/Monthly Practices:*

- Religious service each month
- Yoga on the beach
- Walk in nature
- Monthly family spiritual discussion

## *Spiritual Values:*

- Be kind to all kinds
- When you have, help those who don't
- Empathy
- Connection to the universe
- Be present

## *Spiritual Holidays:*

- Christmas
- Easter
- Rosh Hashanah
- Passover
- Bodhi Day



# Parenting with Spirituality



**PARTNER 1:** Fill out your preferences for how you'd like to incorporate spirituality into your children's lives

## *Daily Practices:*

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## *Weekly/Monthly Practices:*

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## *Spiritual Values:*

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## *Spiritual Holidays:*

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# Parenting with Spirituality



**PARTNER 2:** Fill out your preferences for how you'd like to incorporate spirituality into your children's lives

## *Daily Practices:*

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## *Weekly/Monthly Practices:*

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## *Spiritual Values:*

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## *Spiritual Holidays:*

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# Parenting with Spirituality

**COMBINED:** Attempt to align your visions together



## *Daily Practices:*

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## *Weekly/Monthly Practices:*

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## *Spiritual Values:*

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## *Spiritual Holidays:*

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