

**NAME:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

## **Activity: Exploring Your Spiritual Self**

### **Objective:**

To help students reflect on and understand their spiritual self by examining their will, intelligence, morals, and values.

### **Instructions:**

#### **1. Self-Reflection Essay:**

- Write a 500-word essay reflecting on your spiritual self. Address the following points:
  - Your personal will: What are your wishes and goals in life?
  - Your intelligence and abilities: What do you consider your strengths and skills?
  - Your morals: How do you distinguish between right and wrong? What influences these beliefs?
  - Your values: What do you prioritize in life? How do your values shape your decisions and actions?

#### **2. Group Discussion:**

- Form groups of 4-5 students.
- Each group member will share key points from their self-reflection essay.
- Discuss the similarities and differences in your spiritual selves.
- Reflect on how your spiritual self is influenced by cultural, religious, or societal factors.

#### **3. Creative Expression:**

- Create a piece of art (drawing, painting, collage) or a short poem that represents your spiritual self.
- Present your work to the class and explain how it reflects your spiritual self.

Upload the Results to this Link:

<https://drive.google.com/drive/folders/1bpPrAlbhbOIftZbt9bwFwPAhkEnO-bYc?usp=sharing>