

Resource 3 (Activity 3) **Definitions Of Spirituality**

Below are some definitions of spirituality, there are many others. How would you define spirituality?

Spirituality is...

A sense of something greater than oneself.
Recognition of a meaning to existence that transcends one's immediate circumstances.

A sense of meaning and purpose, a sense of self and 'that which is greater than self'.

A person's own private beliefs, usually in regard to nature or ethical matters.

An awareness that there is something more to existence than what can be experienced with the senses of sight, smell, touch, taste and hearing.

Looking inward to fulfill our potential and achieve our happiness; looking outward so that we create positive connections with other people and the universe.