

What is Spirituality?



WINDOWS

Learning about life

What are your WOWs?
What are your OWs?
What do your WOWs and OWs teach
you about life?



MIRRORS

Learning from life

Reflect and meditate on big questions.

What is important to you?
What do you value?
What do you believe or trust in?



DOORS

Learning to live life

How will you make a difference in the
world?

What will you do to make a change?
How will you express what you believe or
value?



WOW

The moments that are amazing and make you feel happy
and excited. You might say 'wow' and want to remember
these moments forever.



OW

The moments that are tricky or make you feel sad, hurt or
in pain. They feel like a big 'ow' inside you.

