

Fitness for the Spirit

Have a good relationship with yourself. The only person that knows the best way to develop a close self-relationship is you. Some ways that often work are; keeping a journal and writing your feelings, writing poetry or short stories, take personality quizzes, and [talking to yourself](#) in a positive way.



Pray. Before you go to bed each night take a few minutes to say a few effective prayers and attend a house of a worship on a regular basis if possible.



Watch or read something uplifting. Watch an uplifting movie or read an [inspirational](#) story! Whatever floats your boat.



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