

# 23 Secular Spirituality Journal Prompts

This set of Secular Spirituality Journal Prompts offer space to question, to reimagine, and to connect with yourself and with a wider community of freethinkers.

## Self-Reflection & Belief

1. What do I believe about the nature of existence, and where did those beliefs come from?
  2. When did I first begin to question the religious or spiritual teachings I was raised with?
  3. Do I feel spiritual? What does that word mean to me outside of traditional religion?
  4. What does “truth” mean to me, and how do I decide what’s true?
- Read: ["Is there life after death"](#) by Dan Barker.

## Values & Purpose

1. What are my core values, and how do I live them without a religious framework?
  2. Where do I find awe, wonder or transcendence in everyday life?
  3. How do I define morality without reference to a god or religious text?
- Explore: [“Freethought Matters”](#) for conversations with freethinkers..

## Deconstruction & Discovery

1. What religious teachings do I no longer accept, and why?
  2. What parts of my former faith or upbringing still influence me today — for better or worse?
  3. Who are some secular thinkers or freethinkers I admire, and what have I learned from them?
- Visit: [Freethought of the Day](#) for bios of historic freethinkers.

## Inquiry & Curiosity

1. What questions do I still have about life, death and meaning? How am I exploring those?
2. How has science or philosophy influenced my spiritual or secular outlook?
3. What secular rituals, practices or habits bring me peace or clarity?

## Community & Connection

1. Have I found community in my journey away from religion? Where might I look?
2. What does it mean to live authentically in a world that may expect religious conformity?
3. What conversations have helped me feel seen or supported in my secular journey?

## Courage & Activism

1. What fears or challenges have I faced in letting go of religion?
  2. How do I respond when others challenge or criticize my nontheism?
  3. What small actions can I take to promote secular values in my community?
- Read: ["Freethought in Action" campaign landing page](#) and get involved.

## Creative Prompts

1. Write a letter to your past self at the beginning of your secular journey.
2. Write a manifesto of your personal philosophy.
3. Draft a “secular blessing” or affirmation you’d like to read each morning.
4. Imagine and describe a ceremony (wedding, funeral, naming, etc.) that reflects your values.