

# Northwest Permanente Wellness Passport Guidelines

October - December 2020

## Step 2: Pray

### Pray

Prayer is an invocation intended to activate a rapport with an object of worship. There are many different types of prayer: thanksgiving, praise, incantations, hymn, silent prayer...the list goes on. Sometimes people pray for personal benefit, other times, for the benefit of others. Most major religions involve prayer in some form or other. Prayer is one form of spiritual wellness.

Pray every day for two weeks. Whether you pray at home, at a religious temple/service, or on your commute, practice this activity anywhere you feel comfortable. To fulfill this passport item, send an email to [NWPWellness@kp.org](mailto:NWPWellness@kp.org) with a short personal reflection on how you felt the exercise went.

Please submit all documentation to [nwpwellness@kp.org](mailto:nwpwellness@kp.org)