



THE WELL

A PRACTICE IN SELF AWARENESS

Reflect on the last week or so of your life. Consider the following questions, paying attention to those that have a stronger pull than others.

When have you felt most alive?
What experiences have been the most life-giving?
What brings you joy?
When do you feel most content?
When has God felt close or near?

Take notice: What are the desires and longings that surface as you think of these things? Journal about what you notice.

When have you felt most drained?
When has responsibility felt like drudgery?
When has duty felt like an obligation rather than an invitation?
When have you desired more from a situation or relationship than what was offered?
When has God felt absent or far away?

Take notice: What desires and longings were unmet in these instances? Journal about what you notice rising within you.