

2. What is most important to you?

What gives you a sense of security and self-worth?

What would people who know you best say it's like to live and work with you?

Where do your relationships need attention?

Who do you want to become?

What receives the most attention in your life? Your spouse? Job? Family? Friends?

Hobbies? (These are not bad things. But when we love them more than God, we have an idol in our heart.)

If you had six months to live, how would you spend your time?

If you could write your own eulogy, what would you want to say?

3. What do you currently do to realize your goals and longings? Work? Study? Pray? Network?

Socialized? Diet? Work out? Which of these things hinder and which help your spiritual journey? Which of these things hinder and help your spiritual journey?

4. What practices suit your daily, monthly, and yearly rhythms and cycles?
What limitations are built into your life at this moment?
What longings remain steady throughout?
What responsibilities and rhythms change with various seasons?

5. Where do you want to change? Where do you feel powerless to change? Ask the Holy Spirit to help you do through grace what you cannot do through effort alone.

6. Choose several disciplines that arise from your desire for God's transforming work and that suit the limits and realities of your life. Begin your practice.
