



## LISTENER RESOURCE

A8510  
A8420

### ASKING A SACRED QUESTION

**Begin with “How”**

[not Who, What, Where, When or Why].

**Do not use the word: “I”**

[Me, Mine, Myself, etc., are OK].

**Keep it simple!**

End with a question mark.

**Let it come from your heart**

[or your gut], not from your head.

### A SOULFUL EXAMINATION

Give an overall evaluation of how your time and energy are divided.

WORK \_\_\_\_\_

RELATIONSHIP \_\_\_\_\_

CONTEMPLATION \_\_\_\_\_

NATURE \_\_\_\_\_

CELEBRATION \_\_\_\_\_

= 100% = 100%

## SPIRITUAL GEOGRAPHY EXERCISE

0 \_\_\_\_\_ 10 \_\_\_\_\_ 20 \_\_\_\_\_ 30 \_\_\_\_\_ 40 \_\_\_\_\_ 50 \_\_\_\_\_ 60 \_\_\_\_\_ 70+

### INSTRUCTIONS

- 1) Indicate the three most challenging moments of your life with a ↓ below the line.
- 2) Mark the three most life-giving moments of your life with a ↑ above the line.
- 3) Assign a simple name to each of these events.

**Reflect on the correlation between both sets of events.**

#### MOST STRESSFUL EPISODES IN YOUR LIFE

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

#### MOST LIFE-GIVING TIMES IN YOUR LIFE

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_