Well-being

Creativity

Support network

Faith Communities

Rest

**Connecting to People**

**What relationships that are important or sustain me?**

**Looking after ourselves**

**What keeps me healthy and gives me joy?**

Relaxation

Local Community

Physical

Health

Family

 **Listening to your Life**

Time

Belongings

**Learning**

**about God, ourselves and the world**

**Using my gifts and resources**

Books

The Arts

Working for Change

Living Sustainably

Work

Podcasts / Internet

TV

**Caring for Earth**

**How do I connect to and care for the Natural World?**

Energy

Money

Creating Beauty

**Being open to God**

**How do I encounter God?**

Gratitude

Prayer

Growing Food

Connecting to Nature

Silence

Engaging with the Bible

Wonder

**Listening to your Life**

These sheets are designed to help you to take stock of your own life, to think about the things that help you to live well, that give you joy and enable you to use your gifts. They will also help you to identify the things that are unhelpful and that get in the way of living well. Often we know there are things we need to change, but it can be hard to make those changes. Our lives can get out of balance or we can and we struggle to live out the values we hold, of loving God, ourselves and other people and of caring for the earth.

*Instructions:*

* This sheet is yours – write, use symbols, scribble, draw, add boxes as you wish.
* You might want to use different colour pens – one for the things you feel positive about in life and one for the things that you struggle with.
* You might also want to write some of the responsibilities or constraints that impact on how you live: caring for children or family members, not having much money, health conditions or the demands of work etc. Recognising these things helps us to be realistic and kind to ourselves.
* Try to identify the things that are most important to you rather than worrying about getting every small detail down.

*Try to:*

* Look at your life with the same kindness and love that God looks at you with.
* Recognise God is with you as you reflect on your life as it currently is.
* Notice the positives and small things that matter as well as the things you need to change.
* Step back from your feelings and look at your life like an interested observer, without judging or feeling guilty.
* Be as honest as you can. You don’t have to show anyone what you have written, it is just between you and God.

*Take this sheet with you and try to spend some more time in the next week or so reflecting prayerfully about your life.*

*Keep the sheet somewhere safe, as we will be looking back on it when we come to creating a Rhythm of Life for Hazelnut.*