

Personal Path-Finding Guide

Objectives: Find a spiritual path that makes sense to YOU; honor the path you're on

Start with what you know, where you are, and who you are now. You can't get it wrong. Your journey is YOUR
Journey. It lasts a lifetime and then some.... What are some highlights (significant impact pieces) of your
spiritual path finding adventure so far? Who inspires you? What inspires you? Who frustrates or confuses you?
What frustrates or confuses you in this regard?

- 2. Your criteria for Truth
 - a. What does it take to convince you? (For example, How do YOU <u>know</u> something is true?)

3. *Pieces of Truth* you already hold. What are some Truths you <u>know</u>? Test them with your *truth criteria*. Anything you want to add?

4. **Ground Rules for Living**. Your values / ethics / mottos that guide your lifestyle are **your** *Ground Rules for Living*. Name at least three (3) you use daily.



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5. Describe an experience you consider "spiritual." What made it *spiritual* for you?

- 6. What information are you seeking? Bottom line, important stuff. What do you want or need to find out, experience, or read up on to find clarity? What questions do you want answered to find peace?
 - a. Possible information sources?
 - b. Use of multiple senses and/or sources.... Be open to possibilities.
 - c. I have resources and can suggest others as a starting point; sources I trust and that others have found valuable to their spirit and path-finding searches.
- 7. Spirituality or traditional religion? There's a difference. Where do you feel most at ease?
- 8. Traditional Church participation? Yes? No? Need? Want? Other?
 - a. Evaluation Process you use to choose?
 - b. Circle / Small Group network?
- 9. Anything else?
- 10. Start where you are....You are exactly where you need to be to begin...

