

SOURCE OF VITALITY - EXERCISE

MEMOIRS & TOMBSTONE

Take some minutes to reflect on these two questions:

- **What title would you give to your memoirs?** (account written of your life and experiences)
- **What engraving would you like to see in your tombstone?** (stone placed where you are buried)

CONNECTING TO KEY MOMENTS OF ONE'S LIFE

- Recall situations, events or states where you felt completely alive. What enabled these experiences?
- Recall situations where you were able to do things that you once could not do, or where you grow away from things that you could never imagine. What made this growth possible?
- When do I feel most “me”? When do the hours fly by and when do I feel that I am really contributing something that comes from my true self?
- In which aspects of my life (personal, work, family, community,...) do I feel grounded and satisfied?

QUESTIONS FOR REFLECTION

- In which aspects do I feel the need for more balance and integration? What are the most pressing issues for me in this regard?
- In which parts of my life do I feel that I am not really acting out of my true self? What is holding me back?
- Which areas of my life am I called to renew?
- How intentional am I about making time to check my own spiritual pulse?
- What steps am I invited to take to reconnect to my spiritual gifts and source of vitality?

ADDITIONAL EXERCISES

1. Refer to Handouts for more questions and exercises
2. Refer to the Wheel of Life in the [Exercise Section](#)