

# CHARTING A COURSE FOR SPIRITUAL GROWTH WORKSHEETS

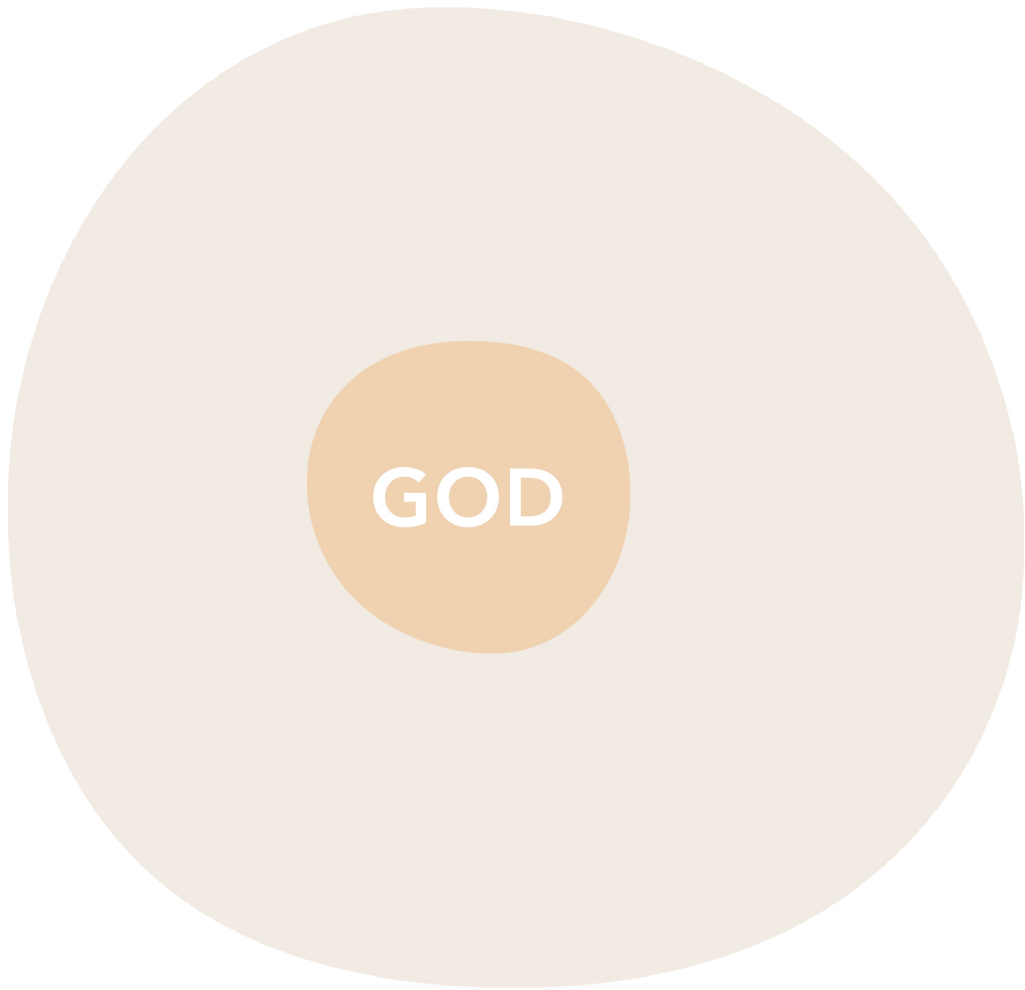
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# CONSTELLATIONS

WHERE DO YOU PLACE YOURSELF IN YOUR  
RELATIONSHIP TO GOD? MARK IT WITH A CROSS  
AND REFLECT ON WHY. WRITE IT DOWN.



I MARKED MYSELF HERE BECAUSE

.....

.....

.....

.....



DATE HERE

## FEELINGS

OUR FEELINGS PROVIDE INSIGHT INTO OUR GROWTH. FOR EXAMPLE, YOU COULD BE FEELING FRUSTRATED WITH GOD AND YET, FEEL CLOSE TO HIM. ALLOW THE PROMPTS TO GUIDE YOU INSTINCTIVELY AND SHOULD YOU NEED, YOU MAY REFER TO THE FEELINGS WHEEL IN APPENDIX A TO HELP ARTICULATE HOW YOU ARE FEELING.

I AM FEELING ...

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I FEEL THIS WAY BECAUSE...

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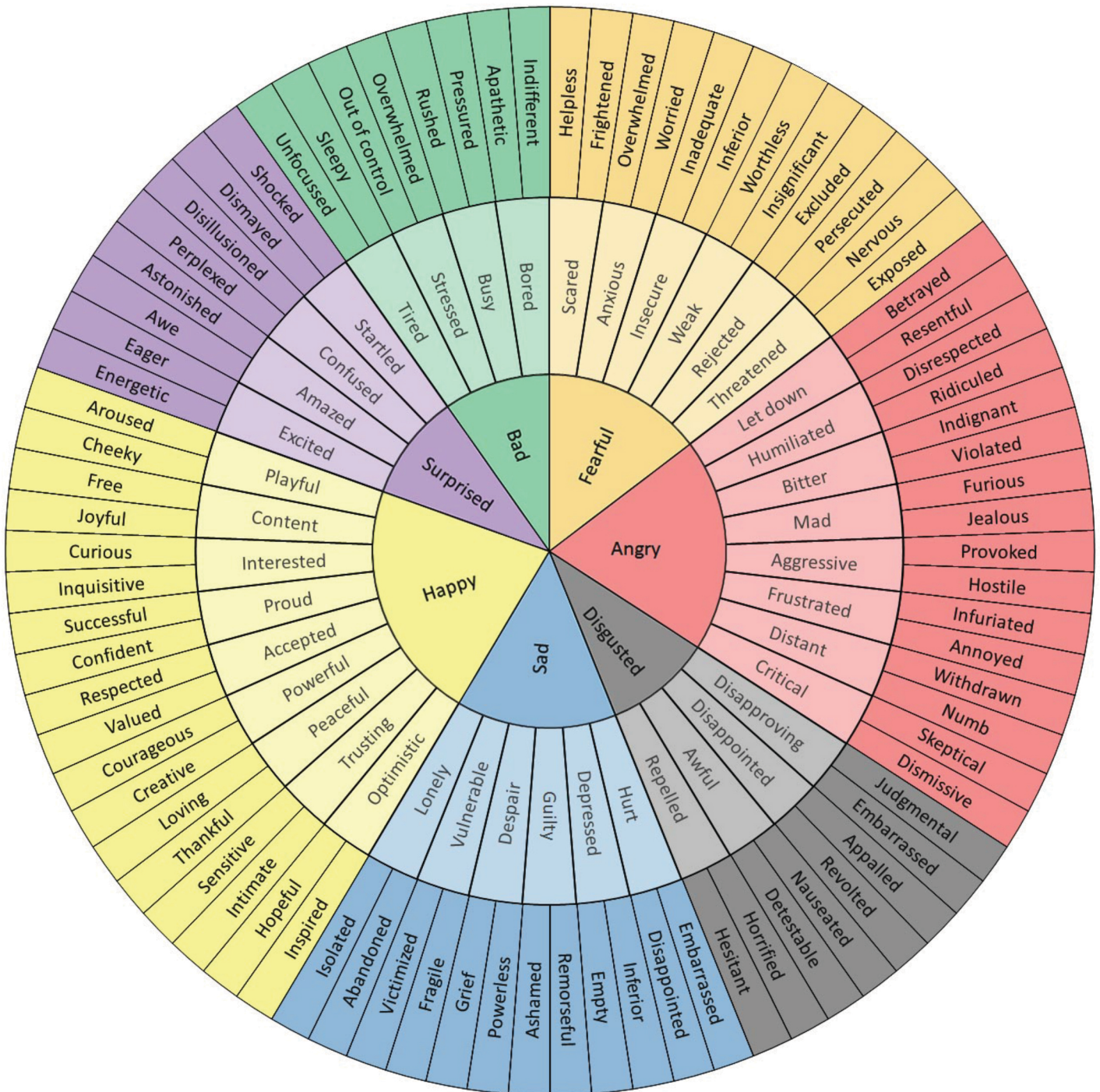
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# FEELINGS WHEEL



1. We recommend printing on slightly thicker paper or card stock so that you can keep it handy for your prayer and reflection times.

2. You may consider cutting out this wheel, poking a hole in the middle, and using a brass fastener (see below) to secure it to a page in your journal for easy reference.

