

UNDERSTANDING MY STORY

Wisdom is not simply knowing your story, it is understanding your story so that you capture key learnings and apply those forward in life.

A graphic of a blue Post-It note with a white border, tilted slightly to the right. The text "Blue Post-It Notes" is written on it in a bold, black, sans-serif font.

Blue Post-It Notes

When you were building your life narrative boards (Day 2), you were asked to capture key learnings and insights with blue Post Its and placing them on your board.

- List the key learnings and insights on this page or in a journal (perhaps your extra pages in your guidebook).
- *As you think back to your story, what other insights and learnings would you add to the list—especially insights in how you responded or have grown to respond to in times of challenge?*
- *As you consider your list, what is good that you want to remember and continue to apply to your life? What responses are less desirable or do not reflect God's glory?*
- *What are 1-2 actions you will take based on what you have learned?*

SPIRITUAL PRACTICE:

Prayer of Examen

If there was one spiritual practice that helps us grow awareness and aids in our transformation, it is the practice of the Examen. By rewinding and replaying our days or weeks with key questions, we are able to see ourselves, thoughts, and actions in a way that will help us with intentionality tomorrow.

Take a 30 day Examen Challenge:

- Read about the Examen in the appendix of your guidebook.
- In the morning or evening, for 30 days, ask yourself the questions and follow the directions outlined in the Examen.
- At the end of each week, think about what you learned through the practice, how your mind is challenged, and how you see yourself growing and reflecting glory.