

Questions Inspired by the Map Process

This process will be a bit like the Examen. I encourage you to just write what comes to you. Do not overthink or edit yourself. Be honest.

It is important to center yourself in the present. Reflect on who you are right now.

What interests me? What do I love to do?
These are the things that bring me joy...
I feel most fully myself when I...
I like to...

What ways of being are most important to me?
What intentional choices are nearest to my heart?
What do I value in myself and others?
What is important to me in living a good life?
It is important to me that...

I have many gifts and they are...
There are many things that I am capable of. Some of these include...
There are many things that I can do and do well. I can...
My skills are...

There are some things I do every day, every week, every year. I find peace because they are second nature to me. What are they and why are they important for me?

You have just completed your “interests, skills, and values sheet.”

The next part of the process is taking stock.

Who are my important people? If they were here, or are here, how can they be a part of this process? How are they a part of my life? How were they part of my life? Why are they important to me? How do we remain connected, if remaining in contact is still possible?

How are things right now? What is moving me, energizing me? What is bringing me joy--this week, this month, this year? When do I feel closest to God? What is draining me? What is a significant challenge in my life right now? What consumes much of my thoughts and reflection?

Now it is time to set your goals.

Looking at what you love and what is important to you, take a moment to reflect on what you want. Given where I am right now, where do I want to go? What would I like to be doing in the next 3 months, 6 months, year? What is something

I would like to be doing in 5 years? How do others imagine me and how does that sit with me? What rises to the top? What showed up in multiple places amidst your interests, hobbies, values, and skills?

Now think about your body, mind, and spirit. How are they being fed? How would you like to grow? What will bring you joy?

What are some practical goals that you would like to set for yourself within this year?

What is your dream? What is your reach? Entering this process with a welcoming and acknowledgement of your gifts, what is a “if only I could...” goal?

Do you have a goal that is simply for enjoyment?

Now is the time to be practical.

Be realistic. Choose an achievable number of goals for yourself. Create very firm, very clear actionable steps that break the goals down tangibly. Begin these with a verb. Ask people you love, who love you, to help you with the specific steps that they can support you in. Ask them to commit, and place a general timeline with your goals. Ask someone to hold you accountable to checking in. Perhaps your goals will change, perhaps some things will take priority over others. Share this with a friend. This journey is meant to be shared.

“The place God calls you to is the place where your deep gladness and the world’s deep hunger meet.” Frederick Buechner