

# Soul, Role and Context.

## Changing Roles - questions to wrestle with...

Take some time to work through the following questions perhaps noting your responses in a notebook or in some creative way that will help you slow down and really think. Perhaps come back to them several times as your thoughts develop and blossom.

### Soul

What gives you energy?
What fills you with feelings of abundance, trust and new life?
What gets you out of bed with joyful expectation or a gloomy feeling?
What gives you your fire in your belly?
What are your deepest values and how are they being served?
Are you giving time to what you value? Does that need to change?
When you daydream about what work you would wish to be doing what is it?

### Role

How does your role define you now?
How does your role allow you to flourish or not?
What would you redefine for the future?
What would you prefer to spend your time doing?
What would you like to stop doing (or at least do less of)?
What else is important to you?
What do you need to make sure there is time for in your life?
How does your role give expression to your beliefs?
What impact will this have on your loved one, those you care about

### Context

How does your context inhibit or release you?
Think about now and what you would like to change or keep?
What do you default to just to keep busy?
What do you do to avoid thinking?
What are you avoiding?
What would you like to embrace?
Where would you choose to live?
What type of community?
What is it about the Church that draws you in or pushes you away?

Your life is shaped by the end you live for. You are made in the image of what you desire  
(Thomas Merton)