

STAFF PERSONAL REFLECTION JOURNAL

Going Deeper

Try and find a quiet place such as the school chapel and, after watching the video, capture your thoughts on the following questions:

Q# 1

What is an experience or a conversation from the past week that was meaningful for you? In what way was God present in this moment?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper appears to be a standard notebook page or a sheet of stationery.

Sanctify yourself and you will
sanctify society.”

St. Francis of Assisi

Q# 2

In what ways do you feel the Holy Spirit is present in your work? Do you relate to the Holy Spirit differently to the other members of the Trinity? What might be the specific ways the Holy Spirit is present for you?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Going Deeper

If you could change one thing about your work at the moment what would it be? How might God be encouraging you or even asking something of you in this area?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This week identify one area of your vocation that you sense is causing difficulty or weariness. What are two or three practical things you could try that may make a difference in this area? How is God asking you to be brave or deliberate in this area? Why might He want you to make a change?



“There is no sinner in the world, however much at enmity with God, who cannot recover God's grace by recourse to Mary, and by asking her assistance.”

St. Bridget of Sweeden