

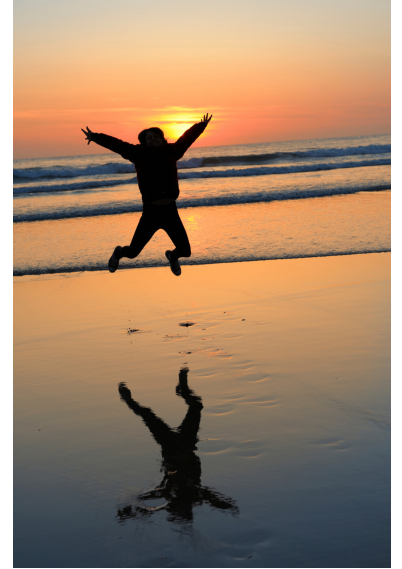
# STAFF PERSONAL REFLECTION JOURNAL

## *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

How do you feel 'technological innovations' have impacted your life in recent years? How has technology impacted your relationships and spirituality?

[illegible]

Joy is a net of love by  
which we catch souls.  
-Mother Teresa

## Q# 2

What do you feel are some of the constant things in your life that provide a sense of stability and belonging?

[illegible]

## Going Deeper

## 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.

## A silhouette of a woman in a yoga pose against a sunset background. She is standing with her arms raised and hands clasped in a prayer position, facing right. The background is a warm, orange-hued sky with mountains visible in the distance.

–St. Thomas Aquinas