

Creating a Spiritual Plan for the Year

TIME

When could be my time of prayer?

PLACE

What could be my place of prayer?

SPACE

How do I want to make a sacred space for prayer?

PRAYER METHODS

Are there certain prayer methods I feel drawn to right now?

COMMUNITY

What support do I need right now...

- from those in my home?
- from my church community?
- from my friends?

ONGOING FORMATION

- What other things would I include as part of a plan for my spiritual life?
- What spiritual books do I want to read? Are there topics I want to learn more about regarding my faith?
- What Scriptures or books of the Bible do I want to read and pray with?
- Are there any saints I want to learn more about?
- Is spiritual direction something I want to consider?
- Do I want to make an annual retreat?