

# Reflecting on the Present



**Instructions:** Reflect for a moment on your current life. As you do, think about the various life situations or events that are impacting you right now. List them in the space below and draw a flag around each according to the following colors:

**Green** for moments that are giving you life or energy

**Yellow** for moments that you sense you should be paying closer attention to

**Red** for moments that you believe may be causing you harm or draining your energy.

When you are finished with your list, reflect on the questions below:

**What do each of these things communicate to you about your sense of identity or vocation?**

**Is there anything evolving or emerging for you in terms of your identity or vocation?**