

MY CURRENT ESPISODE

PART II



Worksheet 7

Within each season there are specific episodes, subplots within that larger arc.



What title did I give my current “season” in the previous exercise?



How would I describe this episode?

What are you striving to accomplish in this episode, both in terms of personal growth and tangible goals?



Who are the “guest stars” in this episode?

Identify those people who are playing central and secondary parts.



What roles do each of them play?

How do they contribute to the unfolding story? How do they interact with you and with each other?



What role do I play?

Relative to your own story and in relation to the rest of the cast, what is your part?



How can I work with these actors to help the episode unfold with greater harmony and cooperation?

Consider attitudes, communication, or actions you can adopt to strengthen understanding and collaboration.



What has been achieved so far, and what remains to be accomplished?

Begin by noting every milestone you've reached—large or small—then outline the steps that still lie ahead.



What is my next step in bringing this episode to its fruition?

Consider what can you do now to move this season and its current episode forward with clarity and energy.



What am I learning about myself in the course of this episode?

Are talents emerging or strengthening? Are you developing or reinforcing qualities such as patience, perseverance, receptivity, or flexibility? Are you improving interpersonal skills? Are you working more intuitively and sensing divine guidance in your choices?



Meet with your main collaborators to map out your next steps together.

∞ INTERLUDE ∞



GATHERING THE THREADS

Before you move on, pause for a moment to enjoy what you've discovered. Seeing the seasons of your life, and the episodes that defined them, may have awakened memories and insights. Notice what stands out: a theme that runs through several seasons, a relationship that enriched more than one episode, or a renewed appreciation for your journey as a whole. Inwardly or in writing, express gratitude to the Divine Director of your life and to those who are accompanying you.

Carry these impressions with you as you enter the next chapter. Your journals will help you continue tracing the unfolding of this present season and capture the new episodes as they arise.