

INNER LIFE:
THIS WEEK IN PERSPECTIVE

PART IV



Worksheet 20

- What was my favorite spiritual practice this week?

- Which days this week was I consistent with my practices?

- Which practices did I skip, and for what reasons?

- On a scale of 1-10, how deep and fulfilling were my practices?

- How often did I participate—in person or virtually—in group spiritual activities? What influence did they have on my practices?

- What adjustments to my daily schedule would I like to make to give more time to my inner life?

- Who or what inspired me most this week?

What was the highlight of my inner life this week?