

	Circumstance	Significance	Feelings	Scripture/Gratitude
	Bullet points - The MOST important circumstance	Why does this matter to ME? What's the relevance to my hopes, fears, identity, values? What is the spiritual significance of this? Why is it important?	Use 2-3 emotion words, both positive and negative	What does Scripture say? How does He speak into my circumstance? How can you find gratitude in this circumstance?
Personal High				
Personal Low				
Work High				
Work Low				
What patterns are emerging? What are my inputs into these patterns?				
God, what do you want me to see or do regarding these patterns?				