



Discover (to explore & find the unexpected)

I have given up or lost _____

I am afraid of _____

I am grieving _____

I have *not* missed _____

I am grateful for _____

I have enjoyed _____

My strongest memories of this time are _____

What I learned about my family/friends is _____

What I learned about myself is _____



Define (to determine essentials, loves & create boundaries)

What I love about my life is _____

What I can live without is _____

Going forward, I want to be more _____

And less _____

My daily necessities are _____

My biggest comforts are _____

Beyond that I crave or dream of _____

I find meaning in _____

I believe God is showing me _____



Declare (to affirm & proclaim)

My new enough is a choice. Considering my answers above, my new enough is

And I will still dream of and plan for -----
