

On Purpose Module 1: Who are you?

For each module, dedicate at least half an hour to doing the activity and reflecting on it. Then each day spend five to ten minutes contemplating the questions for daily reflection. To begin it is helpful to first ground/centre yourself through reading scripture, praying, and/or doing a short breathing or mindfulness activity.

You will get more out of these activities and reflections by setting some time to give them your full attention (put your phone on flight mode and find an area free from screens or other distractions). Writing things down on paper or in a journal will also help clarify your thinking.

Activity: Circles of Life

1. Draw a series of proportional circles for each of the life areas. Let the circles indicate, by their size and shape, the importance or significance that each area has to you.
2. Now without looking at these circles, draw another series of circles that indicate how much time and effort you actually spend in each area.
3. Looking at these two sets of circles, what do you notice that is different? How do you account for these differences? Do you want to make some circles smaller, and some larger?

[Download an example of this activity](#)

[More information about life areas](#)

Questions for Daily Reflection

Spend five or ten minutes each day reflecting on these questions. Depending on your routine, you could do this at the end of the day, or the beginning of the next day.

Reflecting on the circles that you created, and your current behaviours, what are you noticing about the difference between both sets of circles? Do you want to make some circles smaller, and some larger? How so?

Think about a conversation or interaction you had with somebody today. How did you behave in this interaction, and what beliefs about yourself prompted this?

Scriptural Reflection

You can use this scripture in your devotional time each day, or read it and pray before you answer the reflection questions.

I do not call you servants any longer, because the servant does not know what the master is doing; but I have called you friends, because I have made known to you everything that I have heard from my Father. You did not choose me but I chose you. And I appointed you to go and bear fruit, fruit that will last, so that the Father will give you whatever you ask him in my name. (John 15:15-16, NRSV)