

GENESIS



Instructions for Spiritual Examen for Personal Rhythms

We each have the best of intentions when it comes to how we spend our time and what we focus our time on. We want our vision and values to drive everything we do but as we all know leading an organization is filled with unexpected twists and turns. Our plans get derailed and our mind becomes consumed with the concerns that seem so urgent. If we are not careful we wind up spinning our wheels moving chaotically and tossed to and fro mercilessly from one emergency to the next. When we do this our vision gets stunted and we find ourselves stuck in the weeds. If we took time to reflect we might find that much of what we spend our energy on does not in any way connect with our personal values or sense of calling. The purpose of this spiritual exercise is to help us reflect on our regular rhythms and determine if what we are currently engaged in connects with our calling and passion. This tool can be helpful in conjunction with our personal rule of life in helping us assess how we spend our time and become more strategic with how we structure our daily, weekly, quarterly, and annual rhythms. During the next week take some time each evening to fill out the following charts (1 per day).

- **Activity or Task:** The thing you spent time on during the day. Write down a quick description or title for that task.
- **Core values:** For this section you will write down all the personal core values you feel this activity engaged in you. The core values help you answer the “Why” question.
- **Passion:** Give yourself a score between 1 and 5 based on the level the activity personally engaged your passion and energy. 1 = very low and 5 = very high.
- **Growth and Learning:** Give yourself a score between 1 and 5 based on how quickly you caught on/improved with the activity 1 = very low and 5 = very high.
- **Competency:** Give yourself a score between 1 and 5 based on the quality of your performance. 1 = very low and 5 = very high.
- **Reflection:** Write down a few notes or thoughts about what the results mean for you and how they impact you moving forward.