

IGNATIAN ARETREAT

Reflection Form. Before the Retreat

THIS IS ME

**Answer in brief to all or to some of of the Points Below
and check with your retreat Director**

- 1. These things**
 - I have loved in life:
 - Things I tasted..
 - Things I looked at..
 - Things I felt..
 - Things I heard..
 - Things I touched...
- 2. These have been:**
 - My expectations..
 - My longings..
 - My disappointments..
 - My frustrations...
 - My greatest sufferings..
 - My greatest joys...
- 3. These experiences I have cherished...**
- 4. These ideas brought me liberation..**
- 5. These beliefs I have overgrown..**
- 6. These convictions I have lived by..**
- 7. These are the things I have struggled for..**
- 8. These are the insights I have gained in the school of life**
 - About God.
 - About the world.
 - About human nature.
 - About Jesus Christ.
 - About religion.
 - About prayer.
 - About my vocation in life.
- 9. These are the risks I have taken..**
- 10. These are the influences that shaped my life (events, books, etc)**
- 11. These are the people who helped me most in life..**
- 12. These are the things I regret about my life..**
- 13. These are my life achievements..**
- 14. These have been my failures..**
- 15. These are my unfulfilled desires...**

16. Choose

- A poem: of your own or someone else's
- Or a prayer,
- Or a drawing or a picture,
- Or a scripture text,
- Or anything else that expresses what and how you feel at this moment.