

Reflection Questions for the First Week of Advent

Instructions: Reflect on **one** of the following questions. Note your response. If you want, share your written or verbal response with another person.

- **Consider the circumstances of your birth and early childhood. Think about how these circumstances have affected how you experience life.**
- **Write a brief spiritual autobiography and/or a mission statement (125 words or less).**
- **Identify values that have been important to you most or all your life. How have these values shaped your life?**
Examples: Perhaps you love to teach or serve. Perhaps you have a specific creative passion. Perhaps close family relationships are extremely important to you.
- **List several major life events you consider positive and reflect on how they have affected your life long term**
These might include earning a college degree, getting married, getting a new job, having a child, or winning recognition for an accomplishment.
- **List creative interests or skills you possess or would like to develop.**