

Handout C | Listening to Your Life

Using art supplies (paper, markers, string, paint, magazines, etc), create a drawing or collage to represent your journey with vocation. It might be a life map, with significant personal and/or spiritual events, or a collection of words and images that represent where you are right now with vocation. Listen to your life. Is there an image or metaphor that begins to emerge for you, to describe your journey? What are key moments of your life that have brought you to where you are now? This is not a fine-art activity (unless you want it to be!). Rather, this is a chance to step into an intuitive place of interacting with our lives. As you answer questions or look at images for collage, or choose colors for drawing a timeline, don't think too hard - go with what grabs you. As you reflect on your story, or the way you often tell your story, consider:

- Is there a metaphor or guiding image for your journey that stands out to you?
- In what moments in your life have you felt close to the center of who you are, or “on track”? When have you felt “off track?”
- Also see handout “Movie of your life” for additional ways to approach this activity and questions for engaging your story