



Journaling Ahead of the Journey



reflection prompts for incoming Jesuit Volunteers



Journal Prompts

What am I ready
to release as I
step into this next
chapter of my life?

am I ready
to let go
of this next
stage of my life?

What do I want to
carry with me moving
forward?

Where does it all lead? What will become of us? These were our young questions, and young answers were revealed. It leads to each other. We become ourselves.

Patti Smith

What do I hope to offer
to the world, to others, to this
experience?

What am I hoping to receive
or grow into?

**Instructions for living a life: Pay attention. Be astonished. Tell
about it.**

Mary Oliver

**God speaks to each of us as he makes us,
then walks with us silently out of the night.**

These are the words we dimly hear:

**You, sent out beyond your recall,
go to the limits of your longing.**

Embody me.

Rainer Maria Rilke

Flare up like a flame
and make big shadows I can move in.
Let everything happen to you: beauty and terror.
Just keep going. No feeling is final.
Don't let yourself lose me.
Nearby is the country they call life.
You will know it by its seriousness.
Give me your hand.

Rainer Maria Rilke