



Dealing with anxieties:

Pay close attention to what your anxiety is about. What is the specific concern?

Ask what concrete action you can do today to respond positively to this concern. (Talk to a friend, journal, share this with God in prayer, etc.)

Take action, then turn the rest over to God and try to live as fully as possible.

Draw a life map, a diagram or a time line that leads to where you are in your life now. Mark significant events on it, joyous times, transitions, trials, time of growth, etc. Reflect on these times and the following:

Where are you on your journey? How much time have you spent? How much might be left?

How do you feel about the way you've spent the time so far?

What achievements, relationships, events and moments mean the most to you?

What are some of your regrets? What is left undone yet? What more do you hope to do?

Spend time thanking God for all the blessings of your life, and pray for strength and courage to continue into the future.

Self-Awareness by Noticing Your Breath

Notice how you are breathing, simply noticing without trying to control it in any way.

Noticing your breath as a clue to your inner state at the moment, what does it tell you? Is it shallow or deep? Is it a gasp? A worried sigh? A sigh of relief? A deep relaxed sigh?

Prayer is a come-as-you-are affair. The more able we are to come into awareness of God's presence just as we are, the more intimate will be our prayer. Letting God into the private chambers of our heart allows God to draw closer to us and to hold us in a loving embrace.