

## TOOLS FOR SELF-DISCOVERY

Writing---Journals, letters, post cards, thank you cards, notes to clients, family etc.  
Writing makes visible ideas, lessons feelings and experiences which are invisible.

Talking---Self (it's ok, you are not crazy)-others 1-1 or small groups talk to friends, fellow workers, teachers parents. Talking helps to make sense, or find meaning in the work.

PURPOSE: To help you keep a record of your personal experiences during your semester in the CHRISTIAN SERVICE PROGRAM. It is also a time of challenge for you; a time to reflect upon and evaluate your involvement in charitable "works" as well as experiences, feelings, insights which comprise each day. Practically-speaking, you should write clearly and coherently each time you make a JOURNAL ENTRY. This way, your Project Advisor (the faculty member who helps you with your project) and you can review your entries together in a meaningful and productive way.

### GUIDELINES:

1. Make an entry each day that you work. The entry should include the DATE of work.
2. Write everyday, rather than wait until the end of the week or some later date. Feeling, attitudes, memories and other emotions change and develop. But remember, you will not only forget them; you will deprive yourself of the most important benefit of keeping the Journal: seeing your feelings, attitudes and emotional life change and grow!
3. A minimum of three (3) paragraphs should comprise each entry. These should be both analytical and reflective relating back to your purpose, goals, objectives, responsibilities and commitments.
  - A) The first paragraph should begin with, for example, "Today, I did..."
    - \*What job(s) did you work on today?
    - \*What was the nature of the work?
    - \*What did the work demand of me physically?
    - \*What were my specific responsibilities? How did I carry them out?
    - \*Did I assist another? Did another assist me?
  - B) The second paragraph should begin with, for example, "Today, I Learned..."
    - \*What do I know now that I didn't know yesterday about this job?
    - \*What "new" and interesting "things" did I learn about the place, the people and myself "on the job?"
    - \*What was different today as compared with yesterday? "Today, I experienced something for the first time..." "Today was a real challenge for me because..."
  - C) The third paragraph should begin with, for example, "Today I felt..."

\*What was trying testing, difficult or frustrating and/or “emotional” for you “on the job?”

\*What did you “feel” on the job? Happy? Discouraged? Disgusted? Why do you think that you “liked” or “disliked” the job today?

\*Did you notice any change in attitude toward the people with whom you work? Toward people for whom you work? Toward yourself? See any changes in yourself?

\*Did anything in your personal life affect your manners or the way you dealt with your clients today?

## B) Journal Format-Interview Process

\*Which Gospel values do you see embodied in these actions?

\*Did something surprise you about yourself? About the clients, the staff?

\*Did anything happen that challenged your way of thinking about poor people, retarded, or the elderly?

\*Did anything happen that reinforced your way of thinking about these people?

\*What would your family, peers, close friends say if they heard you saying these things, or having these kinds of experiences?

\*How would their statements affect you?

\*Does this work really make any kind of difference?

\*Do you need some higher, more impressive results for you to continue this work?

\*How does this work affect future plans? College, career, Christmas vacations? Is there a need to help someone at some time in your life?

\*Jean Vanier says that poverty is the inability to cope, does seeing other people’s problems help you to work through yours?

Is doing Christian Service a way to take care of the soul---yours and theirs?

## C) Storytelling---Highlights and Frustrations---The soul grows by subtraction

D) Special People---Liked and Disliked both staff and clients, be sure to tell why you like or disliked them. We tend to like people who are similar to us, and we tend to dislike people who have qualities similar to our own but we don’t want to admit we have those negative traits.