Personal Progress Report Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_

In the Wesleyan practice small groups of persons would meet together weekly

for mutual soul care. Across the two years of this training in spiritual direction, this *Personal Progress Report* (PPR) offers you some guidance as you reflect on your own spiritual formation, and on your practice of soul tending. Please complete and submit your PPR to your Advisor three (3) weeks before the next gathering for training in spiritual direction. Advisor’s name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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How is it with your soul?

What feeds and nurtures your soul?

 What drains and starves your soul, your presence for God?

What spiritual practice/spiritual discipline are you practicing?

 As you engage in this receptive prayerful practice, what are you noticing?

 In your relationship and love for God?

In your relationship and love for your self?

In your relationship and love for others?

In what way are you engaged in “listening for the soul” conversations with others?

Reflect on your experience of meeting with your spiritual director? What is helpful?