

## SELF-REVIEW:

This self-assessment questionnaire is designed to encourage you to reflect on your life and its direction. View it as a snapshot of this moment in the ongoing journey of your life. In the busyness that surrounds us we often fail to take stock of where we are headed and our changing roles in the unfolding drama of our life story.

You might find it useful to answer these questions in quick succession as this may allow a more intuitive response. Afterwards, you can reflect more deeply and check if your intellectual answers confirm these, change them or bring in other insights. Make some extra copies so that you can repeat the exercise on your return and again in (say) 3 months time. This way you can compare results and ensure you continue to follow through on any insights that come to you while walking this Path of Enquiry.

- How do you differentiate pilgrimage from a long distance walk?
- How do you define spirituality – what does it mean to you?
- How is your spirituality expressed at home and at work?
- How can you distinguish the souls agenda from the ego's script?
  
- What do you see as the primary purpose of your life?
- Are you working consciously towards fulfilling that purpose?
- How clear are you on your goal and the right direction for you at this time?
- How will you recognise resistance to any changes that might be required of you?
  
- When did you first become aware of a desire to take time out?
- What prompted you originally to go on the camino?
- Did the prompt come from something that you felt needed changing?
- Make a list of what appears to be blocking any change from happening.
  
- What are the joys and challenges in working towards your unique potential?
- What are your next steps towards fulfilling that potential?
- What help might you need on a practical, emotional and spiritual level?
- How will you recognise the right help or correct answer?

How aware are you of the following? Score yourself on a level of 1 – 10 (10 being very aware etc) and compare these scores again on your return from the camino.

- Awareness of your inner spiritual world
- Confidence with your intuitive sense of knowing the right direction
- Clarity on what inspires you and the capacity to live your passion
- Ease with asking for and receiving support from others
- Ability to recognise your own resistance and patterns of defence