

Desert Journal Worksheet

Dwelling in the Desert: A Reflection Guide for Liminal Seasons

This worksheet is for those times when the map runs out — seasons of transition, loss, illness, or disorientation when the old landmarks no longer hold and the new ones have not yet appeared. Use it slowly. Return to it across days or weeks. There is no timeline for this work.

Part One: Naming the Desert

Before you can dwell in the desert, you have to name it honestly.

What transitions, losses, or changes have brought me to this in-between season?

How long have I been in this threshold space? What does it feel like to be here?

What have I been most tempted to do to escape the disorientation?

Part Two: What the Desert Is Doing

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Liminal seasons have purposes. These questions invite you to look for what yours may be doing in you.

What has been stripped away in this season — roles, certainties, identities, relationships?

What in me has remained? What has proven more durable than I expected?

What questions am I being asked — by this season, by the silence, by life itself?

What am I beginning to hear that I could not hear before the noise fell away?

Part Three: Small Signs of Life

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The desert is never as empty as it first appears. This section trains the eye to see what is actually present.

What small signs of life — moments of clarity, unexpected connection, quiet consolation — have I noticed recently?

Where do I sense roots growing, even if I cannot yet see what they are growing toward?

What daily practice — however simple — is sustaining me right now? What might I add?

Part Four: Orienting Toward What's Next

Not a plan — just an honest look toward the horizon.

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What do I hope is forming in me through this season — even if it is not yet formed?

What would it mean to trust that this desert has a purpose, even if I cannot see it yet?

What is one thing I can do today to inhabit this season well — not to escape it, but to dwell in it honestly?



You are not lost. You are on the threshold. The map will come.

Peace and every good.