



Emotional Intelligence · Enneagram · Spiritual Formation

Is This What I'm Looking For?

A reflection sheet companion to "What Spiritual Direction Is — and Isn't"

A few questions to sit with if you're wondering whether spiritual direction might fit this season of your life. There's no right way to answer — just notice what comes.

Where have I sensed something sacred stirring beneath the surface of my days lately — even if I haven't had words for it?

Is there a grief, a decision, or a season of change I've been carrying mostly alone?

Do I have a space right now where I'm not expected to have answers — only to notice?

What would it feel like to be listened to without anyone trying to fix or solve what I bring?



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If I imagine meeting monthly with a steady companion for this, what rises in me — relief, resistance, curiosity?

If this is resonating, a free, no-obligation 15-minute conversation with either of us is an easy next step — just to talk it through.

Schedule with Jim: <https://calendly.com/jim-792/spiritual-direction-consultation>

Schedule with Lynette: <https://calendly.com/lynettespiritofeq/15min>

Peace and every good.