Who Am I Now, God?
Video 2

1. List several ways you can nurture yourself under each of these categories:

- Creativity:

- Self-care (health, education, skills, etc.):

- Communion with God:

- Community / relationships:

2. Sketch out a plan to do 3 of these in the next week. Record your thoughts / results in your Listening Journal.

3. Brainstorm ways to schedule these activities into your life.