

# An Examen of Slothfulness

Prayerfully consider the last day/ half day to discern the presence and place of slothfulness in your life.

\* Required

1. Email address \*

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2. In the past day/ half-day I struggled to START things (projects, conversations, activities) which are vital to my thriving and flourishing. \*

*Mark only one oval.*

	1	2	3	4	5	
very much	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	very little

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3. In the past day/ half-day, I struggled to FINISH things (projects, conversations, activities) are vital to my thriving and flourishing. \*

*Mark only one oval.*

	1	2	3	4	5	
very much	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	very little

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4. In the past day/ half-day, I was anxious or restless or distracted. \*

*Mark only one oval.*

	1	2	3	4	5	
very much	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	very little

5. In the past day/ half-day, I had significant periods of inactivity, but didn't feel rested or fulfilled by them. \*

*Mark only one oval.*

- Yes  
 No

6. In the past day/ half-day, I was busy all day, but didn't accomplish much that seemed to contribute to my larger life-purpose of loving God and loving neighbor. \*

*Mark only one oval.*

- Yes  
 No

7. My calendar is full but my heart is empty. \*

*Mark only one oval.*

	1	2	3	4	5	
Very much so	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Definitely not

8. During the past day/ half-day, I stopped some habits and practices which, in the past, have helped me connect meaningfully with God or with others. \*

*Mark only one oval.*

	1	2	3	4	5	
Mostly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Not at all

9. If someone looked at how I spent my time and energy during the past day/ half-day, what would they say the purpose and passion of my life is? \*

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10. Ideally, what is my purpose and passion? \*

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11. When I was distracted during the past day/ half-day, it had to do with ... \*

*Check all that apply.*

- things that have happened in my past
- things that could happen in my future
- something else

12. One thing I could do to be more present and focused, rather than living "virtually" in my past or present is... \*

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13. What might be a good time during your day to recite this pledge? "Today I will not live virtually, replaying what has happened, fearing what may happen. Today I will live victoriously, savoring each moment, existing here and nowhere else, living with purpose and passion." \*

*Check all that apply.*

- When I first wake up
- Right after lunch
- Mid afternoon

14. What might be a good time during your day to recite this pledge? "Today I will persevere in what is purposeful, even if it becomes painful. I will not surrender or stop, even when good things become hard things. I will not be deterred, distracted or dissuaded from any delight or difficulty that leads to my divine destiny." \*

*Check all that apply.*

- When I first wake up
- Right after lunch
- Mid afternoon

15. One thing I can STOP doing which is keeping me from what matters most is: \*

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16. One thing I can START doing which leads me toward what matters most is: \*

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