Individual Goal Setting

Before inviting individual staff to set goals in the area of their personal Spiritual Formation, it will be necessary to provide some input to the staff about the purpose of setting goals and to also provide some scaffolding and examples for setting goals.

Why set individual goals for Spiritual Formation?
It might be important to break open with staff some sections of the Spiritual Formation Framework:

- The Head, Heart and Hands Formation Approach
- My Story, Our Story, The Story
- The Formation Capacities

Spiritual formation is for everyone – not just for those who have already done a lot of theological study or spiritual reflection. Nurturing my spirit is about paying attention to My Story so that I might more fully enter into Our Story and The Story.

The spiritual life of the school community – Our Story – will be enhanced by each individual attending to their experience of My Story.

How to set goals for personal Spiritual Formation
1. Identify the things you already do that nurture your spirit and are life-giving (e.g. spending time in nature; participating in prayer and worship; reading; meditation and contemplation; engaging in social action to help others; artistic expression; relationships with others)
2. Identify ways you might more deliberately pay attention to - or give time to - these activities.
3. Look at the lives of people you acknowledge as having a rich spiritual life. What might you learn from their practices?
4. Identify ways in which you’d like to extend yourself.
5. Identify areas of your life that need some attention or need some nurturing.

What might Spiritual Formation goals look like?
Sample goals:
- Starting with 5 minutes each day, this year I will gradually build towards spending 30 minutes each day in silent meditation and contemplation.
- I will become actively involved in my parish as a reader / minister of the Eucharist / communion to the sick volunteer / member of Parish Council / music ministry / welcoming ministry / Children’s liturgy.
- Over the course of this year, I will read four books by spiritual writers and discuss them with a colleague / my APRE.
- I will lead a small group of staff in a Lenten discussion group during first term this year.
- I will attend a day of prayer and reflection on the Gospel of Mark.
- By June, I will be volunteering once per month at Rosies Van / SVDP / Homeless shelter.
- I will undertake a Mindfulness training program.
- Once per term this year, I am going to organise a family/friends outing to the mountains / beach / rainforest to consciously spend time in the natural environment.