

FLOURISHING FAITHFULLY

What Deserves *My Attention?*

A REFLECTION EXERCISE FOR
REEVALUATING DIRECTION AND EXPECTATIONS



*You don't have to see the entire path
to take another look at where you are.*

A REFLECTION GUIDE FROM FLOURISHING FAITHFULLY

Before You Begin

Sometimes uncertainty makes us question more than the decision in front of us.

I should be further along by now.

I could have taken a different path.

I would probably be happier if things had worked out another way.

And somewhere along the way, those thoughts can begin to sound less like possibilities and more like evidence.

Maybe I chose the wrong path.

Maybe I missed something.

Maybe I'm not where I'm supposed to be.

BE GENTLE WITH YOURSELF, BUT BE REAL WITH YOURSELF.

Take your time. You don't have to complete this exercise in one sitting. If a question needs more thought, pause and return when you're ready. The goal isn't to produce the "right" answer. Give yourself enough room to notice what you actually think, even when the answer is uncomfortable, unexpected, or still unclear.

I've had moments when uncertainty made me want to retrace my steps looking for the place where I must have gone wrong. But I've also learned that reevaluating doesn't automatically mean something went wrong.

Sometimes movement gives us information we couldn't have had before we moved. We learn. We notice. We experience things differently than we imagined. Something that once mattered deeply may matter differently now.

Before You Begin

continued

An opportunity we hadn't considered may begin pulling at our attention. Or we may look more closely and realize that, despite the discomfort, we're still willing to continue because what we're doing feels worthwhile.

Other times, something really does need another look. It's a little like standing at a door, putting your key in the lock, and struggling harder and harder to make it turn, only to eventually realize you're standing at the wrong house. More effort wasn't what you needed. You needed to notice where you were.

Reevaluation gives us an opportunity to do that. Not every difficult experience means you're headed in the wrong direction, and uncertainty isn't proof that you've failed. This exercise isn't designed to tell you what your purpose is or give you a formula for determining God's will. It's an invitation to examine some of the expectations, possibilities, predictions, and conclusions influencing how you see your direction right now.

You don't need to figure out your entire path today. Start with one area that feels uncertain, unsettled, or worth another look.

A NOTE BEFORE YOU CONTINUE

Reevaluation is not a verdict on the path behind you. It is simply permission to look again with the information, perspective, and needs you have now.

Choose One Area

What area of my life or direction do I want to explore?

Choose one area, decision, pressure, or direction you've been carrying. This will be your focus for the exercise.

You don't need to figure out your entire path today.



What Do I Think

Should Be Happening?

Think about the area you chose to explore. Before trying to determine whether your expectation is reasonable, give yourself permission to say what you actually think.

1 I think I should be...

2 Where did this expectation come from?

You may recognize your own hopes or values in it. It may reflect something you've been taught, something you've observed in other people's lives, a responsibility you genuinely believe you have, an earlier version of what you wanted, comparison, or something else entirely.

3 Does this still matter to me? Why or why not?

Something can originate with someone else and become genuinely meaningful to you. Something can originate with you and no longer fit.



What Else Could *Have Happened?*

When we're uncertain about where we are, it's natural to imagine another path. Sometimes those possibilities deserve our attention. But an unlived path also leaves room for imagination to fill in what we cannot know.

1 What "could have been" have I been comparing my current reality to?

2 What do I actually know about that alternative, and what am I imagining?

3 Am I viewing this possibility through rose-colored glasses?

Are you allowing for the uncertainty, tradeoffs, and difficulties that may have existed on that path too?

4 What does this alternative seem to offer me that I feel is missing now?



What Do I Think

Would Be Different?

These predictions can tell us something about what we want, need, value, or believe is missing. Because we're imagining an outcome we haven't experienced, it's worth looking at the prediction itself rather than accepting it as fact.

1 Complete the thought: If _____, I would _____.

2 What am I expecting this outcome to give me?

Peace? Belonging? Security? Recognition? Freedom? Connection? Stability? Purpose? Relief? Something else?

3 How much of this prediction can I actually know?

Consider what you have evidence for and what you're filling in. What remains uncertain simply because you haven't lived that version of the story?

4 What does this prediction reveal about what matters to me now?



Take Another Look

Now you've identified an expectation, considered an alternative, and looked more closely at what you've been predicting that alternative would provide. Before deciding what any of it means, take another look at the conclusion you've been carrying.

1 When I put these thoughts together, what have I been concluding about where I am now?

2 What evidence supports this conclusion?

3 What evidence complicates it?

There may be truth in your original conclusion. You may also notice assumptions, missing information, an outdated expectation, or something you hadn't considered before.

4 Knowing what I know now, does this conclusion still fit?



What Deserves *My Attention Now?*

You've looked at where you thought you should be, the path you imagine you could have taken, what you believe would have been different, and the conclusion those thoughts may have helped you form.

You don't have to leave this exercise with a complete answer. Uncertainty doesn't prevent you from noticing what matters.

1 What deserves my attention now?

2 What do I want to do with what I've noticed?

You might continue, change direction, wait, pray, gather more information, explore a possibility, release an expectation, or simply pay closer attention for a while.

NOTICE. MOVE. LEARN. REEVALUATE. CONTINUE.

You may understand something tomorrow that you couldn't see from where you stood yesterday. Sometimes another look is simply part of continuing the journey.