

*Grab your journal.
Sometimes we hear better
when we take notes ...*

JUST LISTENING



WHO AM I LISTENING TO?



**WHAT IS MY COMMUNITY
SAYING RIGHT NOW?**



**HOW AM I LISTENING TO
MY OWN BODY AND SOUL?**



**WHAT ARE THE CRIES OF
THE WORLD THAT NEED
HEARING?**



**WHERE DO I HEAR THE
HOLY IN THIS MOMENT?**



**WHAT IS ONE WAY I CAN
SHIFT MY EXPECTATIONS?**

