

**ASPIRANT'S SELF-HELP EVALUATION SHEET**  
For Personal Use Only

Have I a better understanding of what authentic devotion to Mary means?

Do I feel that being in Carmel has deepened my Christian and personal prayer life?

Have I enjoyed my journey in Carmel? Do I feel that I belong?

Do I like Carmel?

Do I like the Saints of Carmel?

Is the monthly community meeting a good experience for learning about the vocation and other aspects of Carmelite life?

Have I been faithful to attending the monthly meeting?

Has what I have experienced in learning to live the vocation fulfilled an inner spiritual need in my life?

Does transportation present a problem for attendance at the monthly meeting? If not what contributes to any absences?

Do family demands permit me to continue?

Do my Carmelite obligations interfere with my home life and make it a troubled one?

Is my family accepting of what I am doing in Carmel?

Do work demands permit me to continue?

Does health permit me to make such a commitment?

Do I understand the obligations of the vocation? Have I been able to live them on a daily basis? If not why?

Do I want to continue?

Am I able to continue?

*Canadian OCDS Manual of Formation, p. 83*