

## **SELF-EVALUATION**

For personal use before moving from one formation level to the next

"Both initial and on going formation in the teachings of Teresa and John of the Cross, help to develop in the Carmelite Secular a human, Christian and spiritual maturity for service to the Church. Human formation develops the ability for interpersonal dialogue, mutual respect and tolerance, the possibility of being corrected and correcting with serenity, and the capacity to persevere in commitments." *Constitutions #34*

1. Do I feel closer to God and am I learning to live in His Presence?
2. Do I find that living the Carmelite life is becoming my way of life?
3. Do I look forward to making my First Promise/Definitive Promise with zeal in my heart and the desire to belong to Jesus in a more submissive way?
4. In what area do I feel that I need strengthening?
5. Do I feel that my prayer life is improving or, do I need help?
6. Do I strive to imitate Mary my Mother and model, and ask for her help in my spiritual life?
7. Do I come prepared for the meeting by reading the monthly assignment?
8. Do I participate in the monthly group discussions?
9. Is my first choice Carmel, or do other groups take precedence? Would I be willing to give up other groups that interfere with my vocation in Carmel?
10. Do I wish to continue my journey in Carmel? Do I understand what I will be promising?
11. Have I been faithful to the practices of daily mental prayer and the recitation of the Liturgy of the Hours?
12. I am attending daily Mass when possible?
13. Am I able to live in fraternal charity in community?
14. What are my goals in the coming year in relation to my vocation in Carmel?
15. Am I more aware of and have a better understanding of the inherent responsibilities of my baptism and the vocation?

16. Am I becoming more kind and understanding towards others, especially to difficult people?

Am I quick to forgive and forget injuries? Real or perceived?

17. Am I becoming aware of my true self, from both positive and negative experiences?

18. Is my sense of gratitude to God growing? Is my desire to praise Him growing?

19. Do I prefer to act in obedience rather than according to my own private judgments:

20. Is my desire to serve God increasing?

21. Do I have a great love and respect for the Church, for her ministers and for Holy Scripture?

22. Do I feel a great and urgent desire to help save souls through prayer, sacrifices, suffering and the apostolate in my home, parish and Order?