

① Be personally committed to practices and habits of spiritual reflection that foster deeper relationship with Self, God, others, community and the world as part of their ongoing formation journey.

#1 is foundational...

- Actual work, time & commitment

- Monitor for change

How Recognize in self/others:

- show up authentically
- better reflections/holding space
- others will see it/call out
- Showing up as servant leader

WHY IMPORTANT:

- Foundation for rest
- Ongoing practice
- Required for growth
- Integration of all parts (self, ^{God} community, etc)
- personally commit = ownership
- peace of mind/balance