

Step 3 Pre-Discernment Exercise (Core Values & Goals)

It is often difficult to discern the “next right thing,” or “God’s Will,” - use the below lists to help you discern between paths and with decisions.

Discernment

What three things do I want to manifest (have/become/obtain/receive/feel) in my life:

1. _____
2. _____
3. _____

What three things do I want to remove (leave behind/discard/give away/stop doing, being, feeling or repeating):

1. _____
2. _____
3. _____

When you are unsure if a decision is a good one, use the above to see if it moves you closer to your goals (what you want) or your obstacles (old ways of living you want to abandon, or old relationships/environments/habits – even negative feelings). You can also put these on a small index card, or take a photo with your phone, so that you can have it with you at all times.