Full to the Brim
An expansive Lent

A REFLECTIVE ASSESSMENT TOOL *for Expansive Living*

by Rev. Sarah A. Speed

About this Resource

Lent is a season that invites us deeper into intentional living. This tool is designed to help you do just that. Use this worksheet to help you reflect on where you are in your life and how you hope to grow throughout this Lenten season.

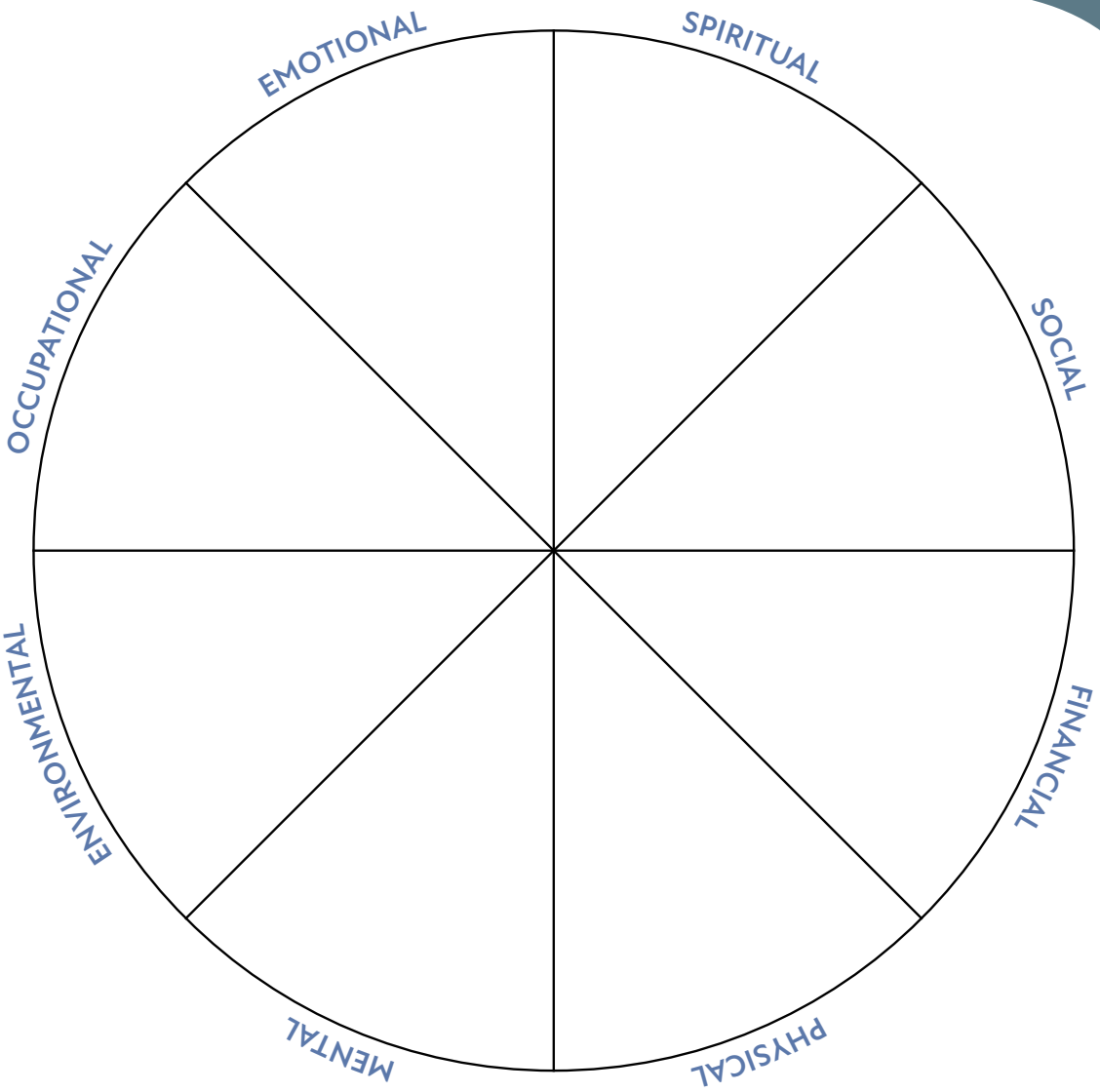
What is an Expansive Life?

ex·pan·sive

The formal definition of expansive is extensive or wide-ranging, spacious and all-embracing. From a spiritual standpoint, we add to that definition. Expansive living is a life that reflects the fullness that comes from right relationships with God, yourself, and others. This will look different for everyone, but might be marked by awe and gratitude, a sense of self-worth rooted in God's love, meaning and purpose in one's life, loving relationships, and joy that comes from using your God-given gifts.

Wellness Wheel

Wellness wheels have been used as a meaningful reflective tool for years. By inviting ourselves to reflect on individual components of our life, we see a more holistic image of ourselves, which allows us to live more intentionally.



Within each section of the wheel, respond to the following prompts:

- **EMOTIONAL:** *What emotions do you feel day to day? Which are prominent?*
- **SPIRITUAL:** *Where are you in your faith journey? Do you have practices nurturing your faith? How are you living from your values?*
- **SOCIAL:** *What are the positive and healthy relationships in your life? Where would you like to grow? Where do you need to draw boundaries?*
- **FINANCIAL:** *What is your current financial state, and what emotions or desires does that bring up?*
- **PHYSICAL:** *How are you taking care of your body? What does your body need?*
- **MENTAL:** *Are you mentally stimulated? Learning new things? Honing new skills? Curating the information you take in from social media or the news?*
- **ENVIRONMENTAL:** *Does your home and/or work environment allow you to thrive? Does where you live feel like home?*
- **OCCUPATIONAL:** *How does your current work use your gifts? How satisfied are you with your vocation? What is your calling?*

Takeaway Reflections

1. What did you learn about yourself in this process?
2. What are you bringing with you into this Lenten season?
3. What areas of your wellness wheel feel expansive and beautiful, and what areas do you want to focus on in the future?

Expansive Life

You've filled out the wellness wheel. You have a picture of what your life looks like currently. Now, imagine how your life might become more expansive. What does a "full to the brim" life filled with meaning, purpose, faith, awe, beauty, and relationships look like for you? How would you describe a life that full of goodness? In order to live an expansive life, what needs to change? What do you need to take on? What do you need to let go of? Draw or write your reflections below.

Next Steps

Name three small things you want to focus on this Lent to help you draw closer to God and the wildly beautiful life God invites you to lead:

Closing Prayer

God of new life,
We know that you want more for us than the rat race of work-sleep-eat-repeat.
In our fiercely independent and competitive world, living a life any other way feels almost impossible.
Remind us that you ate meals around tables.
Remind us that you demonstrated radical generosity.
Remind us that you took quiet time on the mountainside by yourself.
Remind us that you opened doors and said, "Come on in!"
Remind us that you created friendships that transformed.
This is the life you modeled, and it's the life we long to lead.
Holy God, help us tap into this deeper and more expansive way of living.
Help us use this season of Lent as an intentional one.
Starting today, help us build a life not measured by to-do lists, but measured by love.
With hope we pray, amen.