

Live Well

Because healthy leaders really do enhance lives.

Spiritual autobiography

A spiritual autobiography is a spiritual discipline that guides you through a review of your life's journey. It will help you reflect on how you have been shaped and molded, what you value, and how and when you have experienced God in your life.

I was born on _____ in _____
to my mother _____ and father _____

I was baptized on _____ at _____. I was given the name _____,
which means _____

My godparents are/were _____

My siblings are/were _____

My family of origin believed and valued _____

A favorite memory growing up is _____

My earliest mentors or role models were _____

I confirmed my faith on/at _____

I remember _____ about my confirmation.

I nurture my faith by _____

I enjoy _____

I am proud of _____

I studied _____

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My gifts include _____

I discovered them by/through _____

My vocation is _____

My family includes _____

Jobs and experiences that helped me discern my vocation are

A transition/event that has deeply shaped my life was

I have felt led by God when _____

I have felt God walking alongside me at these specific times in my life:

These life events (birth of child, graduation, wedding, death, etc.) have impacted and defined who I am today:

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These life choices or experiences have shaped me into who I am today:

I have felt God carry me when

I see God through

My earliest faith memories are of

I have been most able to be the gift I am when

I love _____

Special memories are _____

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Important dates include _____

My favorite scripture or hymn is _____

I want you to know this about me:

A next step:

Consider introducing spiritual autobiographies to members of your congregation. The practice of writing one can help others see how God is at work in their lives. As a leader, you listen to people's faith stories, values, struggles, and joys. A member's spiritual autobiography may help you gain insight, understanding, and empathy. It may also foster growth, strengthen relationships, and promote healing within a family or community. Spiritual autobiography can be used with colleagues in ministry, church council/leadership, and as a faith formation tool for confirmation (you may want to adapt to their life experience). Having a member's spiritual autobiography on file would be a wonderful gift for a new church leader, and may serve as a helpful resource when ministering to a member during significant life events.