

Questions for Personal Reflection

Nurturing the Spirit in Non-Sectarian Classrooms

These questions have been compiled by the author, Aline D. Wolf, for Montessori teachers who have read her book *Nurturing the Spirit in Non-Sectarian Classrooms*. Contemplate first those questions that are most relevant for you.

1. What does the word "spirit" mean to me?
2. How am I giving attention to my spiritual journey?
3. In what space do I feel spiritually nourished? For example: In a particular room? A garden or chapel? In the woods? Near a view of the water? How can I use this space more frequently for personal reflection?
4. What times of day do I frequently feel tense or frustrated? What times of day do I feel most peaceful? Is there a pattern of which I can become aware? How can I use this awareness in a positive way?
5. What time of day or week can I reasonably set aside for spiritual reading and/or personal reflection?
6. Am I living the truth that is the real me? Or, am I showing a different face to those around me?
7. Are there any troubling relationships with family, co-workers, or friends that are hindering my spiritual journey? What steps can I take toward healing?
8. Do I still teach from the heart or has it become something I just do every day?

**If you wish to purchase copies of *Nurturing the Spirit* (R80),
visit www.montessoriservices.com or call 800-214-8959.**