

# STAFF PERSONAL REFLECTION JOURNAL

## *Going Deeper*

Try and find a quiet place such as the school chapel and, after watching the video, capture your thoughts on the following questions:

### QUESTION ONE

Q#1 Describe a time in your life when you felt your dignity as person was not respected? What did you feel?

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### QUESTION TWO

Who is a person that you see as a true champion of human dignity? What about them resonates with you?

Q#2

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"If you ever feel distressed during your day -- call upon our Lady -- just say this simple prayer: 'Mary, Mother of Jesus, please be a mother to me now.' I must admit -- this prayer has never failed me."

MOTHER TERESA

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### QUESTION THREE

Q#3

Do you find it hard or easy to accept that you have incredible dignity, value and worth because God made you and Christ died for you? What makes it hard or easy?

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“If you invoke the Blessed Virgin when you are tempted, she will come at once to your help, and Satan will leave you.”

ST. JOHN VIANNEY

Q#4

### QUESTION FOUR

Can you recall a time when you helped a student realise their dignity in some way?

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## ACTION STEPS

1. Spend ten minutes in the Chapel or some quiet space reflecting on your amazing existence as a beloved child made in the image of God.
2. Try and do one thing this week that builds up another person's sense of value, worth or dignity. It can be as simple as a word of affirmation or appreciation or something more elaborate.