

Experiment Log

I am experimenting with _____

Date _____

What prompted you to act?

What happened (in detail)?

Who were you with (no one, individual, group)? If you were with others, what was your relationship (helper, family member, care-giver, acquaintance, team member, partner, leader)?

Did others respond to your actions at the time? How?

What was the short-term result of your action(s)? Do you have a sense of what the long-term result might be?

Recall:

Signs of a Charism—

1. Our personal experience
 - Feelings of satisfaction/joy. It is energizing
 - A sense that we “fit” or are “in our place”
 - An expression of our relationship with God
 - Like prayer or contemplation
2. Our Effectiveness:
 - We are a channel of God’s love and provision for others
 - We are *remarkably effective* without undue struggle.
3. Feedback from Others:
 - Direct feedback
 - Indirect feedback

--FD, 192-198

As you complete your experiment log, record which of these three signs are present in your experiences.

Did you receive any feedback from others about what you did? Note their comments in detail, as much as you can remember.

Do you consider this experience to be successful? If yes, why? If not, what might success have looked like in this situation?