

My 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 when I was confirmed . . .

I nurture my faith by . . .

My Spiritual Autobiography

I enjoy . . .

I am proud of . . .

I studied . . .

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 . . .

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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 . . .

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 . . .

My Spiritual Autobiography

I love . . .

Special memories are . . .

Important dates include . . .

My favorite scripture or hymn is . . .

I want you to know this about me . . .