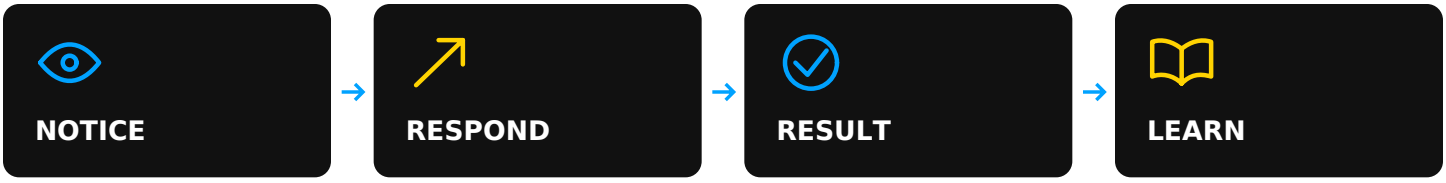
FIELD LOG

THE DISCERNMENT PATH

CAPTURE THE MOMENT

Notice the signal. Follow the experience. Learn from it.

Keep a notebook, open a note on your phone, or use the log on the next page. Whenever you notice a gut feeling, an impression, or a thought that won't leave you alone, capture it. You don't need an explanation before you write it down.



THE FOUR QUESTIONS

1 What are you noticing?

What are you feeling, thinking, sensing, or noticing?

2 What direction is this inviting you to take?

What action, decision, conversation, pause, or change will you make? Are you willing to follow it, even without certainty?

3 What happened?

Come back later. What was the result? What did you discover that you couldn't have known when you first recorded it?

4 What did you learn about your discernment?

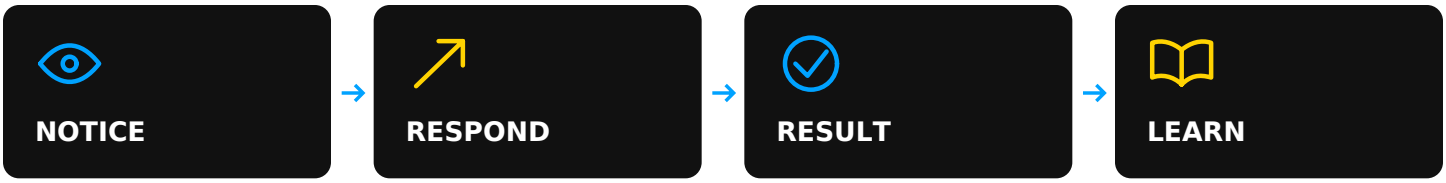
What does this experience teach you about the signals you notice, when you should trust them, and how your discernment works?

A SIGNAL IN REAL LIFE

NOTICE	Something keeps telling me I need to call Sarah.
RESPOND	I don't know why, but I feel strongly that I should reach out. I'll call her tonight.
RESULT	She was struggling with something and said the timing of my call was exactly what she needed.
LEARN	Sometimes the signal comes without an explanation. I don't always need to understand why before taking a low-risk action.

One moment. Four questions.

Date: _____ Situation / person: _____



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