

# 'BE MORE' REFLECTION GUIDE



**Instructions:** Take a moment to reflect on the issues in the world around you, and what you can do about it. Fill in the below reflection guide to begin to think about actions you can take to address these issues.

The concept of 'Be More' challenges us to venture into a new experience of compassion, and is taken from the invitation of St Oscar Romero, to "Aspire not to have more, but to be more." In doing so we acknowledge that we are called to a life of 'being' as opposed to 'having' because our human dignity is not gauged by what we have but what we are: made in the image and likeness of God. Who we are and how we relate to others and live out our lives is more important than what we have. Our challenge to 'Be More' also takes us beyond ourselves. Think about this as you fill in the table below.

## SEE

What is going on around you? What is happening? Who is involved?  
Who has the power? Why is it happening?

## JUDGE

How do you feel? What do you think should happen? What does your faith say?

## ACT

What can we do to bridge the gap between the reality and the ideal?

'See- Judge-Act' structure by Cardinal Joseph Cardijn

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✿ What stops you from taking action for change? How can you overcome this?

✿ What skills do you need?

✿ What approaches have already been taken to tackle the issue What groups are currently working on this?

*It is the young who want to be the protagonists of change. Please, don't leave it to others to be the protagonists of change. You are the ones who hold the future! You...through you the future is fulfilled in the world."*

- Pope Francis

# 'BE MORE' ACTION PLANNER



? What issue are you focusing on?

I commit to these actions for change



Personal



Family



Local



National



Global