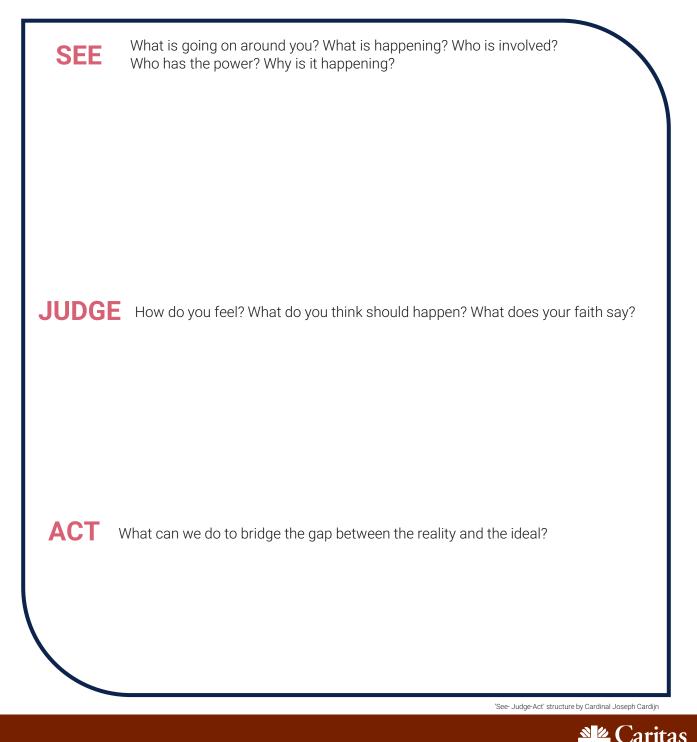
'BE MORE' REFLECTION GUIDE

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.



'BE MORE' REFLECTION GUIDE

What skills do you need?	
What approaches have already been taken to tackle the issue What groups are	
currently working on this?	

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



