

# PLAN A SUSTAINABLE LIFE

*“Our calling is where our deepest gladness  
and the world’s hunger meet.”*

–FREDERICK BUECHNER

Choose a partner and take turns interviewing one another, asking all nine questions of one person,  
and then switching roles. Be present to one another without writing.

1. What are your three top priorities for how you choose to spend your time?
2. What virtues do these priorities involve?
3. What is the most fulfilling, joyful part of your life at this time?
4. What do you feel ready to have more of in your life?  
What are you ready to say YES to?
5. What do you want less of? What do you need to let go of?  
What virtues will help you do it gracefully?
6. What would allow you to invest more love and joy into what you are  
currently doing?
7. What is the core virtue calling to you right now?
8. Describe a boundary that will allow you to keep your pace of grace day  
today – balancing work, play, rest, and reverence.
9. Describe a perfect day or week, one with a true pace of grace.

*Interviewer, please give your partner a VIRTUES ACKNOWLEDGMENT*

