

PERSONAL PROJECT OF FORMATION

I. INTRODUCTION

The Personal Project of Formation is a concrete and prayerful means by which a formee assumes responsibility for his own vocational growth. It helps him move from vague good intentions to conscious, focused, and sustained collaboration with God's grace in the formation process. Many enter formation with generosity, zeal, and noble aspirations, but unless these are translated into a clear and realistic path of growth, enthusiasm can gradually give way to mediocrity, passivity, compromise, or inconsistency. A personal project helps the formee avoid drifting through the stages of formation without inner ownership of his vocation. It strengthens interior responsibility and helps him live formation not merely as obedience to external structures, but as a free and personal response to God's call.

The Claretian vocation is not simply an institutional path or a set of duties to be fulfilled. It is a journey of transformation into the likeness of Christ the Evangelizer in the spirit of Saint Anthony Mary Claret. Such a journey requires intentionality. Just as a house needs a solid foundation and a builder needs a plan, so too the vocational journey needs a guiding vision, clear objectives, and concrete steps. The Personal Project of Formation serves precisely this purpose. It helps the formee to clarify where he is going, who he is at this moment, what areas of life require attention, and how he intends to grow in fidelity to God's plan.

This module understands the personal project not as a rigid program or a burden of self-perfection, but as a graced and dynamic instrument of vocational integration. It enables the formee to bring together his ideals, his present reality, his strengths, his weaknesses, his struggles, and his aspirations into a coherent path of growth. It also helps him integrate personal effort, spiritual discernment, accompaniment, community life, and formation goals into a single formative process.

II. PURPOSE OF THE MODULE

This module aims to help formees understand, formulate, implement, and periodically evaluate a Personal Project of Formation as a practical means of vocational maturation. It seeks to form missionaries who take active responsibility for their own growth, live with direction and intentionality, and progressively integrate the human, Christian, Claretian, relational, intellectual, and apostolic dimensions of life. More specifically, this module intends:

- to deepen awareness that formation is both God's work and the formee's responsible cooperation
- to help formees move from passive formation to active self-formation
- to provide a practical framework for drafting a personal project
- to cultivate habits of discernment, self-awareness, commitment, and evaluation
- to strengthen vocational consistency and prevent mediocrity or drift
- to promote a culture of accompaniment in which personal growth is honestly named, prayerfully embraced, and concretely pursued

III. THEOLOGICAL AND FORMATIVE FOUNDATION

The Personal Project of Formation is rooted first in the conviction that every vocation is born from God's loving initiative. Before the human person begins to search for God, God has already known, loved, called, and entrusted a mission to him. Formation therefore begins not with self-construction but with response. The formee does not invent his life in isolation; he discovers and progressively responds to God's project for him. Yet this divine initiative does not eliminate human responsibility. Grace calls for cooperation, discernment, and disciplined response.

In the Claretian vision, the formative goal is clear: to become like Christ the Evangelizer in the spirit of Saint Anthony Mary Claret for the glory of God and the salvation of all. This goal is not attained automatically by mere passage through formation stages. It requires a holistic process in which the formee freely engages the means of growth, allows himself to be challenged by truth, and progressively integrates all dimensions of life around the central vocational call. The personal project becomes one of the privileged means for this process because it helps the formee consciously align his daily life with his deeper purpose.

A personal project also respects the dignity of the human person as a responsible subject. The formee is not a passive object to be managed by rules, structures, or formators. He is an active agent in the formation process. He must learn to reflect, choose, decide, persevere, evaluate, and begin again. In this sense, the personal project fosters inner freedom, ownership, and maturity. It helps the formee move beyond dependence on external control toward a more personal and interiorized commitment to the vocation.

At the same time, the personal project is not a private or individualistic enterprise. It is developed within a vocational, communal, and ecclesial context. It is shaped by the Word of God, the Claretian charism, the directives of the Congregation, the stage-specific goals of formation, and the concrete realities of community and mission. Therefore, the personal project must remain in harmony with the community project and the broader formative journey of the Congregation.

IV. WHAT IS A PERSONAL PROJECT OF FORMATION?

A Personal Project of Formation is a prayerfully discerned and realistically formulated plan of life that is appropriate to one's age, stage of formation, and vocational context. It is an instrument that helps the formee respond concretely to God's call by identifying his vocational ideal, recognizing his present situation, setting realistic goals, choosing concrete means, and evaluating his progress over time.

It is not simply a list of pious wishes or abstract ideals. Nor is it a perfectionistic self-improvement program. Rather, it is a living vocational tool that connects the formee's deepest calling with his everyday life. It names both the ideal and the gap between the ideal and the present reality, then proposes attainable and demanding ways of growth. It is like having a map while making a journey, or the picture of a puzzle before arranging the scattered pieces into a meaningful whole.

A good personal project helps the formee answer five fundamental questions:

- Where do I want to go?
- Who am I now?
- What do I need to work on at this stage?
- What concrete decisions will I make?
- How will I evaluate my progress?

V. OBJECTIVES OF A PERSONAL PROJECT OF FORMATION

The Personal Project of Formation helps the formee:

- 1. Clarify his vocational direction:** It helps him define more consciously the kind of Claretian missionary he is called to become and the formative goal proper to his stage of life.
- 2. Grow in self-awareness:** It enables him to look honestly at his strengths, weaknesses, patterns, motivations, limitations, and deepest aspirations.
- 3. Integrate the dimensions of life:** It provides a framework for unifying human, Christian, Claretian, relational, academic, and apostolic growth around a central vocation.

4. Take responsibility for self-formation: It prevents passivity and helps the formee become an active collaborator in his own growth.

5. Make concrete and realistic decisions: It moves formation from vague desire to practical commitment.

6. Strengthen perseverance and interior consistency: It fosters discipline, focus, and continuity in the vocational journey.

7. Encourage periodic evaluation and discernment: It teaches the formee to review his journey, learn from failures, and make necessary adjustments.

VI. QUALITIES NEEDED FOR DRAFTING AND IMPLEMENTING A PERSONAL PROJECT

A fruitful personal project requires certain attitudes and dispositions.

First, the formee needs a sense of direction. He must believe that life has meaning, that God is leading him somewhere, and that his formation must be ordered toward a clear purpose. Without this sense of direction, life becomes reactive and scattered.

Second, he needs responsibility and commitment. A personal project is only useful when the person truly desires to grow and is willing to make the effort required.

Third, he needs sufficient self-awareness and honesty. He must be willing to name his strengths with gratitude and his weaknesses without self-deception or discouragement.

Fourth, he needs openness: openness to prayer, to the movements of the Spirit, to the insights of accompaniment, and to the help of the community.

Finally, he needs evangelical courage: the refusal to allow his vocation to be slowly domesticated by mediocrity, comfort, consumerism, or compromise.

VII. CHARACTERISTICS OF A GOOD PERSONAL PROJECT

A good personal project should be personalized. It must arise from the real life of the individual and not be copied mechanically from others. It should also be practical. It must deal with actual patterns of life and propose attainable steps rather than vague ideals. It should be simple and clear, not overloaded with too many objectives or unrealistic expectations. It should be well motivated, arising from a sincere desire for growth and fidelity. It must be coherent and harmonious, addressing the various areas of life in a balanced way. It should also be sufficiently demanding to require real effort, yet realistic enough to be lived with perseverance. Finally, it must be in harmony with the community project and the formative objectives proper to the stage of formation.

VIII. THE PROCESS OF DRAFTING A PERSONAL PROJECT

The drafting of a personal project can be organized in five interrelated phases.

Phase One: My Vocational Values – Where do I want to go?

This phase begins with prayerful recollection and return to the original call. The formee is invited to remember the circumstances, inspirations, persons, events, and desires that moved him to join the Congregation. He is asked to reconnect with his deepest motivations and the ideal that draws him. He should also reflect on the Word of God that has shaped his life, the saints who inspire him, and the Claretian sources that illuminate his stage of formation. On this basis, he formulates a general objective: a brief description of the kind of Claretian he desires to become at this stage.

This phase is important because growth requires a horizon. Without a sense of the ideal, effort loses energy and the present moment becomes fragmented. The general objective acts as the central orientation that gives meaning to all later decisions.

Phase Two: My Present Situation – Who am I now?

Once the ideal is clarified, the formee must look honestly at his present reality. This involves naming strengths, gifts, progress already made, and positive resources that can support growth. It also involves identifying weaknesses, habits, resistances, areas of concern, and recurring difficulties that hinder vocational development. The formee should examine the different dimensions of life: human, Christian, Claretian, relational, study and work, and apostolic responsibility.

This phase requires calm honesty. The goal is not self-condemnation but truthful awareness. The person must learn to name patterns, identify central themes behind recurring behaviours, and read his life history as part of his salvation history. He is invited not merely to list events, but to become aware, name, analyse, relate, and own up to what is happening in him.

Phase Three: Formulating Specific Objectives – What do I aim at right now?

After examining his present reality, the formee identifies a few specific objectives. These are concrete areas of growth that will help him move from his present situation toward his general vocational goal. These objectives should be realistic, stage-appropriate, and limited in number. They should name the particular attitudes, habits, or capacities that need to be strengthened, corrected, or integrated.

This phase is crucial because growth becomes possible when broad ideals are translated into specific aims. Without clear objectives, the person remains in vague aspiration.

Phase Four: Decisions and Lines of Action – What shall I do?

The next step is to translate objectives into concrete action. The formee now asks: What exactly will I do? How? When? Where? With whose help? The decisions should be practical, concrete, and capable of evaluation. Unrealistic proposals may initially seem inspiring, but they usually collapse under the weight of daily life. Therefore, the actions chosen should be demanding but workable.

This phase teaches realism and discipline. It helps the formee move from intention to practice and from desire to commitment.

Phase Five: Evaluation – How am I progressing?

A personal project must be periodically reviewed. Evaluation is not optional; it is an essential part of growth. The formee should ask whether he has carried out his decisions, what has helped him, where he has failed, and what deeper causes may lie beneath repeated difficulties. Evaluation can take place during monthly recollection, annual retreat, accompaniment sessions, or other appropriate moments.

This phase teaches perseverance, humility, and learning. Failure is not the end of growth. Rather, it becomes a source of deeper understanding when honestly reviewed in the light of grace.

IX. AREAS TO BE INCLUDED IN THE PERSONAL PROJECT

A mature personal project should normally consider the following areas of life:

1. Human Dimension: This includes physical health, rest, sleep, emotional maturity, self-awareness, affectivity, sexuality, self-discipline, personal freedom, use of leisure, hobbies, and handling of personal crises.

2. Christian Dimension: This includes prayer, Eucharist, liturgy, meditation, spiritual reading, recollection, retreat, silence, sense of God's presence, intimacy with Christ, trust in Providence, and fidelity to the evangelical counsels.

3. Claretian Dimension: This includes love for the Claretian vocation, knowledge of Claret and Claretian saints, daily contact with the Constitutions and Claretian texts, devotion to Mary, and living the charism concretely.

4. Relational and Community Dimension: This includes relationships with companions, formators, superiors, guests, the local Church, and family; sense of belonging; collaboration; communication; and community participation.

5. Study and Work: This includes commitment to study, time management, intellectual discipline, reading and writing habits, manual work, practical responsibility, and generosity in tasks.

6. Apostolic Dimension: This includes attitudes toward ministry, preparation for apostolate, collaboration, interest in mission, concern for the poor, and openness to culture and pastoral realities.

X. ROLE OF THE FORMATOR

The formator plays an important role in helping the formee draft, implement, and evaluate the personal project. He should not write the project for the formee, but accompany him so that the project truly arises from the formee's own prayer, reflection, and commitment. The formator helps by creating a climate of trust, clarifying the purpose of the project, guiding the person toward realism, challenging vague or superficial formulations, and encouraging periodic review.

The formator must also help the formee avoid common dangers such as overloading the project, choosing unrealistic resolutions, remaining on a superficial level, or becoming discouraged by failure. He should help the formee read repeated failures more deeply and, when needed, suggest the help of a spiritual guide, counsellor, or psychologist. Above all, the formator should present the personal project not as a burden, but as a means of freedom, responsibility, and vocational integration.

XI. COMMON PROBLEMS IN IMPLEMENTING A PERSONAL PROJECT

One of the most common difficulties is procrastination. Many begin with enthusiasm but gradually postpone the hard work of implementation. Another common difficulty is discouragement after failure. Some give up because they expect immediate change and cannot tolerate the slow pace of real growth. Others formulate unrealistic objectives that are impossible to sustain. Some remain too superficial, addressing behaviours without understanding the deeper roots of their difficulties.

There is also the danger of rigidity. A project can become oppressive if it is approached legalistically or in a perfectionistic way. The opposite danger is laxity, where the project remains only on paper and is never seriously lived. Both extremes must be avoided. The project should be lived with seriousness, freedom, humility, and elasticity.

Finally, some difficulties have deeper psychological roots that are not easily accessible to the person. In such cases, mere resolutions may not be enough. Deeper self-awareness, accompaniment, and professional help may be necessary. The personal project is a powerful tool, but it is not magical. Its fruitfulness depends on sincerity, perseverance, grace, and wise accompaniment.

XII. FORMATION PRACTICES TO SUPPORT THE PERSONAL PROJECT

To make the personal project effective, the following practices can be encouraged:

- annual drafting or renewal of the project
- monthly review during recollection
- discussion with the formator or spiritual guide
- personal journaling
- use of examination of conscience
- retreat-based revision of objectives
- occasional sharing with trusted peers
- use of worksheets and structured reflection tools
- prayerful reading of call narratives and Claretian texts
- integration with community and stage formation plans

These practices help ensure that the project remains a living tool rather than a forgotten document.

XIII. INDICATORS OF GROWTH

A formee is showing healthy growth in relation to the Personal Project of Formation when he:

- takes initiative in his own growth rather than depending only on external pressure
- can articulate his vocational goal with clarity
- shows increasing honesty about strengths and limitations
- formulates realistic and meaningful objectives
- translates intentions into concrete lines of action
- evaluates his progress periodically and learns from failure
- uses accompaniment constructively
- shows greater integration across the dimensions of life
- demonstrates perseverance, realism, and openness to grace

XIV. SELF-ASSESSMENT TOOL

Rate each statement from **1 to 5**:

1 = Rarely true

2 = Sometimes true

3 = Moderately true

4 = Often true

5 = Consistently true

Statement	Rating
I have a clear sense of my vocational goal at this stage of formation.	
I take personal responsibility for my growth.	
I can identify my main strengths and weaknesses honestly.	
I regularly reflect on my life before God.	
I formulate concrete and realistic goals for growth.	
I translate my goals into practical decisions and action steps.	
I review my progress periodically.	
I discuss my growth with my formator or spiritual guide.	
I persevere even when I fail or become discouraged.	
My personal project helps me live with greater clarity and integration.	

Reflection Questions

1. In what area of my life do I most need growth at this moment?
2. What usually prevents me from implementing my decisions?
3. What helps me persevere?
4. How can I make my personal project more realistic and effective?

XV. ACCOMPANIMENT QUESTIONS FOR FORMATORS

A formator may use questions such as:

- What kind of Claretian are you trying to become at this stage?
- Which values most inspire your vocation?
- What strengths in you can support growth?
- What difficulties most hinder your freedom and consistency?
- Which one or two areas most need attention right now?
- Are your objectives concrete and realistic?
- What specific steps will you take?
- How will you evaluate your progress?
- What have you learned from your failures?
- What help do you need at this time?

XVI. PRACTICAL SCHEMA FOR THE PERSONAL PROJECT

1. General Objective

A short statement describing the kind of Claretian you want to become at this stage.

2. Present Situation

Two or three strengths and two or three areas of concern in each area of life:

- Human
- Christian
- Claretian
- Relational
- Study and Work
- Apostolate

3. Specific Objectives

One or two concrete objectives for each key area needing attention.

4. Action Steps

What will I do?

How will I do it?

When and where will I do it?

With whose help?

5. Evaluation

When will I review this?

What signs will show progress?

What difficulties do I anticipate?

How will I respond if I fail?

Practical Note: Before drafting their own Personal Project of Formation, formees are encouraged to study the sample project provided in **Appendix I**. The sample is intended to illustrate the structure, level of detail, and realistic formulation of objectives and action plans. It should inspire personal reflection rather than be copied verbatim.

XVII. CONCLUSION

The Personal Project of Formation is a valuable means of responding consciously and responsibly to God's call. It helps the formee avoid drifting through formation and instead live with direction, intention, and commitment. It brings together prayer, self-knowledge, Claretian ideals, practical decisions, and ongoing evaluation into a single process of vocational growth. It teaches that growth is not accidental. It must be desired, discerned, chosen, and sustained.

When lived sincerely, the personal project becomes an instrument of freedom, truth, and integration. It helps the formee become more aware of who he is, what God is asking of him, and how he can cooperate more fully with grace. It is not a guarantee of perfection, but a concrete path of fidelity. Through it, the formee learns to take his life seriously before God, to work with perseverance on himself, and to allow the Lord gradually to shape him into a committed and joyful Claretian missionary.

May each formee learn to embrace this task not as a burden, but as a grace-filled opportunity to build his vocational life on rock, to grow in wisdom and freedom, and to become, day by day, more fully available to Christ and to the mission.

XVIII. WORKSHEETS FOR THE PERSONAL PROJECT OF FORMATION

These worksheets are meant to help the formee move from reflection to concrete formulation. They are not merely administrative forms, but formative instruments that support prayer, self-knowledge, vocational clarity, responsibility, and accompaniment. They can be used during annual planning, monthly review, stage transitions, retreats, or accompaniment sessions.

They are best completed **prayerfully, honestly, and gradually**, not in haste. Some can be done individually, while others can be fruitfully used with a formator or spiritual guide.

WORKSHEET 1: VOCATIONAL HORIZON

“Where do I want to go?”

This worksheet helps the formee reconnect with the deeper meaning of his vocation and formation journey.

A. Remembering the Call

Reflect quietly and write in paragraph form.

1. What first attracted me to the Claretian vocation?
2. What persons, events, or experiences most influenced my decision to enter formation?
3. What continues to inspire me today?
4. What part of the Gospel most speaks to my life at this moment?
5. What aspect of the Claretian charism most attracts me now?

B. Naming My Ideal

Complete the following:

- I believe God is calling me to become a man who is...
- At this stage of formation, I feel called especially to grow in...
- The kind of Claretian missionary I desire to become is one who...

C. My General Objective

Write one clear paragraph:

My general objective at this stage of formation is:

WORKSHEET 2: LIFE REVIEW AND SELF-AWARENESS

“Who am I now?”

This worksheet helps the formee look honestly at his present reality.

Instructions

For each area, write:

- **Strengths / positive signs**
- **Weaknesses / struggles**
- **What most needs attention now**

A. Human Dimension

Reflect on:

- emotional maturity
- self-discipline
- health and rest
- habits and routines
- use of time
- affectivity and self-control

My strengths in this area:

My struggles in this area:

What needs attention now:

B. Christian / Spiritual Dimension

Reflect on:

- prayer
- Eucharist
- meditation
- silence
- relationship with God
- trust in Providence
- faithfulness in dryness

My strengths in this area:

My struggles in this area:

What needs attention now:

C. Claretian Dimension

Reflect on:

- love for the vocation
- identification with the charism
- devotion to Mary
- love for Claret
- sense of belonging to the Congregation

My strengths in this area:

My struggles in this area:

What needs attention now:

D. Community / Relational Dimension

Reflect on:

- communication
- openness
- fraternity
- forgiveness
- collaboration
- family relationships
- ability to receive correction

My strengths in this area:

My struggles in this area:

What needs attention now:

E. Study / Work Dimension

Reflect on:

- study habits
- time management
- discipline
- manual work
- perseverance
- sense of responsibility

My strengths in this area:

My struggles in this area:

What needs attention now:

F. Apostolic / Mission Dimension

Reflect on:

- missionary spirit
- pastoral availability
- concern for the poor
- apostolic zeal
- readiness for service
- interest in evangelization

My strengths in this area:

My struggles in this area:

What needs attention now:

WORKSHEET 3: DISCERNING PRIORITY GROWTH AREAS

“What is God asking of me now?”

This worksheet helps the formee identify the most important areas requiring attention.

A. Looking at My Life as a Whole

After reviewing the previous worksheet, answer:

1. What patterns do I notice repeating in my life?
2. What weakness or difficulty seems to affect several areas of my life?
3. Where do I feel most resistant to growth?
4. In what area do I sense God is inviting me to greater freedom?
5. What would make the greatest difference in my formation if I worked on it seriously?

B. Naming My Priority Areas

Write the **three most important growth areas** for this period:

1. Priority Area One

Why is this important now?

2. Priority Area Two

Why is this important now?

3. Priority Area Three

Why is this important now?

WORKSHEET 4: FORMULATING SPECIFIC OBJECTIVES

“What do I want to achieve?”

This worksheet helps translate broad desires into concrete objectives.

Instructions

A good objective should be:

- clear
- realistic
- concrete
- limited
- stage-appropriate

Examples

Instead of: *I want to become holy.*

Write: *I want to become more faithful to daily meditation and evening examen.*

Instead of: *I want to improve my relationships.*

Write: *I want to become more open and patient in community conversations.*

My Specific Objectives

Objective 1

I want to grow in:

This means concretely:

Objective 2

I want to grow in:

This means concretely:

Objective 3

I want to grow in:

This means concretely:

WORKSHEET 5: ACTION PLAN

“What exactly will I do?”

This worksheet translates objectives into action.

Objective 1 Action Plan

My objective:

Concrete actions I will take:

1. _____
2. _____
3. _____

When will I do this?

How often?

What help or support do I need?

What obstacle might prevent me?

How will I respond to that obstacle?

Objective 2 Action Plan

My objective:

Concrete actions I will take:

1.

2.

3.

When will I do this?

How often?

What help or support do I need?

What obstacle might prevent me?

How will I respond to that obstacle?

Objective 3 Action Plan

My objective:

Concrete actions I will take:

1.

2.

3.

When will I do this?

How often?

What help or support do I need?

What obstacle might prevent me?

How will I respond to that obstacle?

WORKSHEET 6: PERSONAL RULE OF LIFE SUPPORT

“What habits will sustain my growth?”

The Personal Project of Formation becomes effective when supported by daily and weekly habits.

Instructions

Write one or two concrete habits in each area.

Prayer

Silence / Reflection

Study / Reading

Community Participation

Work / Responsibility

Physical Health / Rest

Apostolic Readiness

Claretian Identity

WORKSHEET 7: MONTHLY REVIEW SHEET

“How am I progressing?”

This worksheet is for **monthly review**, ideally during recollection or accompaniment.

Month: _____

A. Faithfulness Review

Rate yourself from **1 to 5**:

Area	Rating
I remembered my main objectives this month	
I made sincere effort to live my project	
I was faithful to my concrete action steps	
I remained honest with myself	
I persevered even when I struggled	

B. Reflection Questions

1. What progress have I noticed this month?

2. Where did I struggle most?

3. What helped me grow?

4. What blocked or discouraged me?

5. What is God showing me through this month?

6. What one concrete thing do I want to focus on next month?

WORKSHEET 8: REVIEW WITH FORMATOR

“Accompaniment Conversation Sheet”

This worksheet may be used before or during accompaniment.

A. What I want to share with my formator

B. One area where I feel I am growing

C. One area where I feel stuck

D. One fear or resistance I need help with

E. One concrete support I need from my formator

F. One question I want to bring to accompaniment

WORKSHEET 9: ANNUAL EVALUATION

“What has this year of formation done in me?”

This worksheet is best used during retreat, end-of-year evaluation, or stage transition.

A. Looking Back

1. What were my main objectives this year?
2. In what areas did I truly grow?
3. In what areas did I remain stagnant?
4. What recurring pattern still needs attention?
5. What surprised me about myself this year?

B. Looking Within

1. How has my relationship with God deepened or weakened?
2. How has my sense of vocation changed or matured?
3. What have I learned about my strengths?
4. What have I learned about my weaknesses?
5. Where have I experienced grace most strongly?

C. Looking Forward

1. What should remain central in my next personal project?
2. What must I no longer postpone?
3. What one area most needs focused work in the coming year?

Annual Summary Paragraph

Write a paragraph: **This year, God has been forming me especially through...**

WORKSHEET 10: FINAL PERSONAL PROJECT TEMPLATE

PERSONAL PROJECT OF FORMATION

This is the final worksheet that brings everything together.

1. My General Objective

2. My Present Situation

Strengths

Areas Needing Growth

3. My Priority Objectives

Objective 1

Objective 2

Objective 3

4. My Concrete Action Steps

For Objective 1

For Objective 2

For Objective 3

5. Supports I Will Use

- Prayer: _____
- Accompaniment: _____
- Community support: _____
- Study / reading: _____
- Personal discipline: _____

6. My Main Obstacles

7. How I Intend to Respond

8. Review Date

I will review this project on: _____

9. Personal Prayer of Commitment

Write a short prayer:

XIX. FINAL NOTE ON USING THE WORKSHEETS

These worksheets should not be used as mere paperwork or administrative tasks. Their value lies in the sincerity with which they are approached and the prayerful seriousness with which they are lived. They are meant to help the formee become more aware, more responsible, freer, and more available to the transforming action of God. When used well, they can become powerful instruments of discernment, integration, and vocational growth.

APPENDIX I

Sample Personal Project of Formation (Illustrative Model)

Important Note: This sample is provided only as an example. It is **not a template to be copied**, but a guide to help formees understand how a Personal Project of Formation may be developed. Every project should emerge from personal prayer, honest self-reflection, accompaniment, and the concrete realities of one's stage of formation.

PERSONAL PROJECT OF FORMATION

Name: N. N.

Stage of Formation:

Period Covered:

Spiritual Guide/Formator:

1. My General Objective: During this formation year, I desire to grow into a more integrated Claretian missionary by deepening my relationship with Christ, becoming more emotionally mature in community life, cultivating greater discipline in study and personal responsibility, and developing a generous missionary spirit rooted in prayer and service.

2. My Present Situation

Human Dimension

Strengths

- Generally optimistic and approachable.
- Good physical health.
- Responsible in assigned community duties.

Areas Needing Growth

- Delay in completing personal responsibilities.
- Difficulty managing distractions from digital media.
- Tend to avoid difficult conversations.

Christian Dimension

Strengths

- Faithful participation in Eucharist.
- Love for personal prayer.
- Regular spiritual reading.

Areas Needing Growth

- Meditation often lacks consistency.
- Evening Examen frequently omitted.
- Easily distracted during personal prayer.

Claretian Dimension

Strengths

- Love for the missionary vocation.
- Interest in Claretian history.
- Positive participation in community celebrations.

Areas Needing Growth

- Need deeper familiarity with the Constitutions.
- Need greater personal identification with the Claretian missionary spirit.

Community Dimension

Strengths

- Respectful toward companions.
- Willing to collaborate.
- Good relationship with formators.

Areas Needing Growth

- Hesitant to express personal opinions.
- Occasionally withdraw after conflicts.
- Need to improve listening skills.

Study and Work

Strengths

- Interested in theology.
- Complete assignments on time.

Areas Needing Growth

- Poor long-term planning.
- Excessive time on social media.
- Irregular personal reading.

Apostolic Dimension

Strengths

- Enjoy pastoral ministry.
- Good rapport with young people.

Areas Needing Growth

- Need better preparation before apostolic activities.
- Desire to become more attentive to the poor and marginalized.

3. Priority Objectives

Objective 1: To establish greater consistency in my spiritual life.

Objective 2: To improve emotional openness and communication in community.

Objective 3: To develop disciplined study habits and responsible use of technology.

4. Concrete Action Plan

Objective 1

Daily Actions

- Spend 30 minutes in silent meditation every morning.
- Make the Evening Examen before going to bed.
- Keep a weekly prayer journal.
- Meet my spiritual guide once each month.

Possible Obstacles: Fatigue and poor time management.

Response: Prepare for bed earlier and protect prayer time as a non-negotiable commitment.

Objective 2

Daily/Weekly Actions

- Practise attentive listening during community conversations.
- Initiate one meaningful personal conversation each week with a community member.
- Bring interpersonal difficulties to accompaniment rather than avoiding them.
- Reflect weekly on situations where I reacted defensively.

Possible Obstacles: Fear of criticism.

Response: Remember that honest dialogue is an act of charity and a path to personal freedom.

Objective 3

Daily/Weekly Actions

- Follow a fixed daily study timetable.
- Read at least twenty pages of theology or Claretian spirituality every day.
- Limit recreational social media use to thirty minutes daily.
- Prepare assignments at least three days before deadlines.

Possible Obstacles: Procrastination.

Response: Review weekly goals every Sunday evening and ask a companion to provide accountability.

5. Supports for My Growth

Prayer: Daily meditation, Eucharistic adoration every Thursday, monthly recollection.

Accompaniment: Monthly meeting with my formator and spiritual guide.

Community Support: Seek regular feedback from one trusted community member.

Reading: Constitutions, autobiography of St. Anthony Mary Claret, and one book on missionary spirituality.

Personal Discipline: Weekly planning every Sunday evening.

6. Main Obstacles

- Desire for comfort.
- Digital distractions.
- Fear of making mistakes.
- Inconsistency when under pressure.

7. How I Intend to Respond

Whenever I fail, I will avoid discouragement. Instead, I will:

- honestly acknowledge the failure;
- reflect on its deeper causes;
- discuss it during accompaniment if necessary;
- renew my commitment without self-condemnation;
- trust God's grace more than my own strength.

8. Evaluation Plan

Weekly: Review faithfulness to daily commitments every Sunday evening.

Monthly: Review the project during monthly recollection using the Monthly Review Worksheet.

Quarterly: Meet with the formator to evaluate progress and revise objectives if necessary.

Annual: Complete the Annual Evaluation Worksheet and prepare the next Personal Project.

9. Signs of Growth

At the end of the year I hope to see:

- greater fidelity to prayer;
- improved emotional openness;
- healthier community relationships;
- better time management;
- greater interior freedom;
- stronger Claretian identity;
- more joyful availability for mission.

10. Prayer of Commitment

Lord Jesus,

You have called me to follow You in the Claretian missionary vocation. Grant me the humility to know myself honestly, the courage to face my weaknesses, the perseverance to remain faithful in daily commitments, and the freedom to cooperate generously with Your grace. May this Personal Project of Formation help me grow into the missionary You desire me to become, for the glory of the Father and the salvation of all. Through the intercession of the Blessed Virgin Mary and Saint

Anthony Mary Claret, strengthen my resolve to live this vocation with joy, generosity, and hope.
Amen.