

PASSPORT

Samaritan

LIFE-ENHANCING CARE

to

Joy and Compassion



THIS IS YOU

Name:

Nickname (or preferred name):

Favorite part of your job?

Based on your state of mind, how old are you?

What color do you love to wear?

What is "your word"?

SELF - ASSESSMENT

Who am I?

Who does my life belong to?

What is my relationship to divinity?

What have I come here to do?

Do I have the right to change my own path?

With whom do I want to share my path – if anyone?

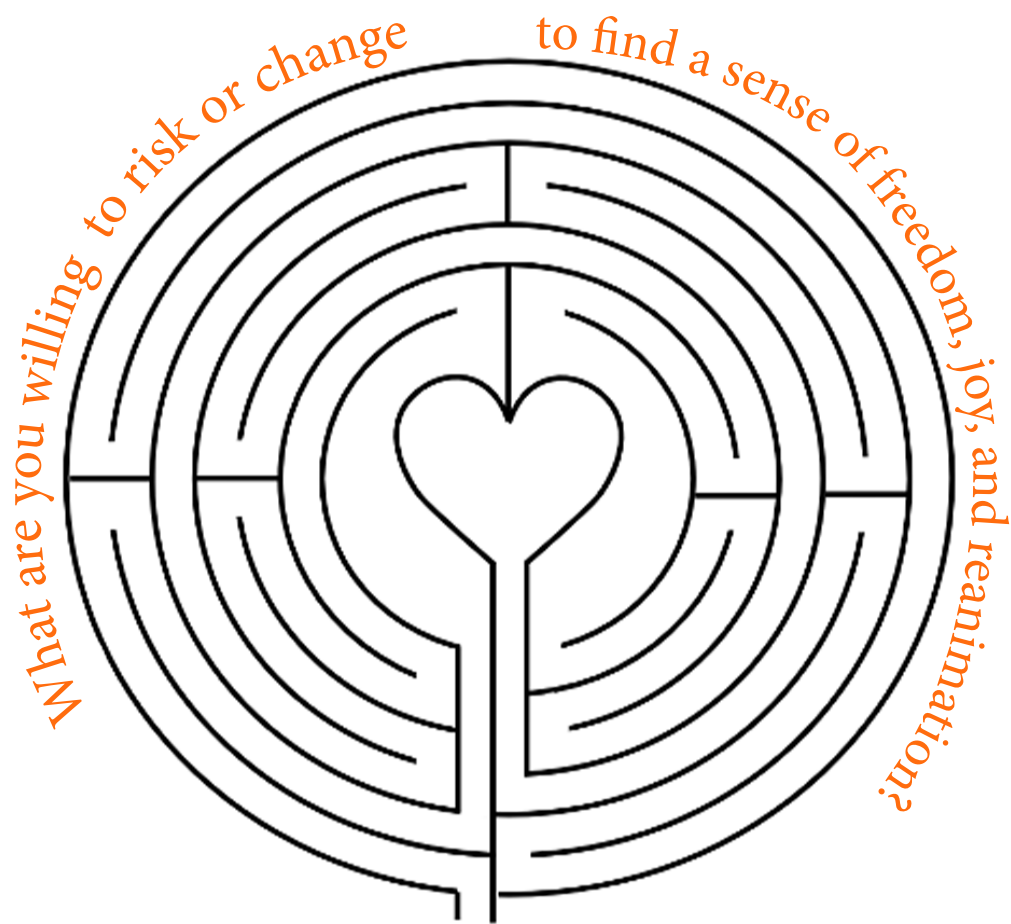
Do I have the right to experience pleasure and
peace?

If so, what would bring me pleasure and peace?

Reference: Gilbert, E. Eat Pray, Love: a woman's search for everything
across Italy, India, and Indonesia. Riverhead Books, 2016

(Gilbert, 2016, p. xxi)

THE LABYRINTH



(Gilbert, 2016, p. xxi)

STEP ONE: PICK YOUR DESTINATION

- What are you curious about?

- What part of your life would you like to expand and explore?

- Where do you feel most alive?

STEP TWO: CREATE THE ITINERARY

- How will you get to your destination?

- How long will you stay?

- What will you do when you get there?

STEP THREE: TRAVEL

- Block time off on your calendar.
- Buy your tickets and pack your bags.
- How will you be accountable to yourself?

VOW TO SELF

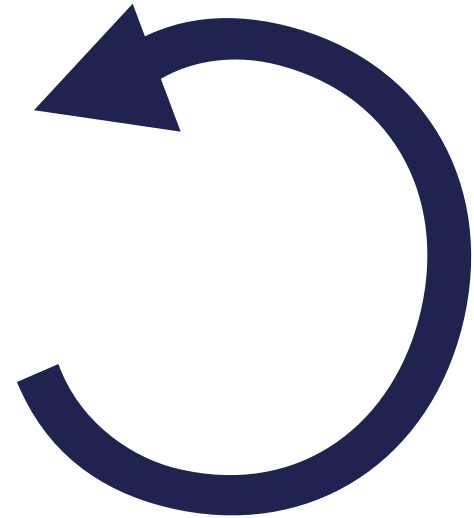
EVALUATION

- Are you the same?

- Do you have the same issues?

- How are you currently interacting with your problem?

*Return to Self-Assessment for
reassessment*



Do not be dismayed by the brokenness of the world.

All things break.

And all things can be mended. Not with time, as they say, but with intention.

So go.

Love intentionally, extravagantly, unconditionally.

The broken world waits in darkness for the light that is you.

~ L.R. Knost

BUILD YOUR ITINERARY

Where?

How?

What?

When?

Samaritan

LIFE-ENHANCING CARE

Call 24/7

(800) 229 -8183

SamaritanNJ.org

Samaritan is your not-for-profit, South Jersey-based provider of primary care at home, palliative medicine, hospice care, grief support, education, and advocacy.