



**THE HADEN INSTITUTE:  
SPIRITUAL DIRECTION TRAINING**

**Book Reflection Form**

*One Page Single Spaced (600-700 words)*

**Title of Book:**

**Assignment #**

**Student Name:**

**Prompts for Reflection:**

*What were the key ideas and how were they of special interest to you? Where was your energy the highest? What touched or excited you? Where was your energy the lowest? Was there anything that caused a negative reaction? How did this call you to deeper thought?*

*How might you use this information in your own personal spiritual life, and in the spiritual direction/guidance with others? What if any unanswered questions do you have because of this reading? How do they urge you to go deeper in particular areas?*