



# THE DISCERNMENT EDGE

## STARTER GUIDE

Trust the Right Voice.  
Make Confident Decisions.  
Build a Life Aligned with Purpose.

[www.discernmentedge.com](http://www.discernmentedge.com)



# WELCOME TO THE JOURNEY



You've already taken the most important first step — noticing the voices that guide (and sometimes mislead) your decisions.

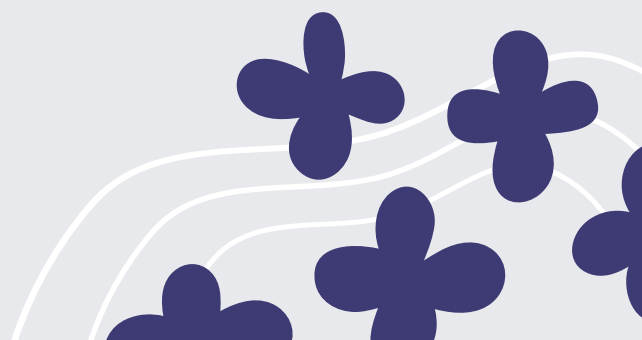
This guide will help you start building a spiritual habit of discernment using timeless Ignatian wisdom — to find clarity, direction, and peace.

This is not about doing more. It's about listening better.

Let's begin.

*Veronica*

*The Discernment Edge*







# DISCERNMENT CHECKLIST

## Daily Practice (start small)

- ☐ 5 mins of silence or breath prayer
- ☐ Ask: What voice is speaking loudest right now?
- ☐ Journal 2–3 lines: What am I being drawn toward?
- ☐ End with a small, faithful action

**Tip:** Don't look for a full answer. Just take the next right step.





# **BUILD AWARENESS WITH A TRACKER**

In the following page, you will find a printable discernment tracker.

Use this tool to track your clarity, energy, and emotional responses to different decisions. Over time, you'll see clear patterns.





## Discernment Tracker Printable: “Where Did My Soul Move Today?”

Use this as a repeatable daily page in your printable workbook:

### Daily Discernment Tracker

Date: \_\_\_\_\_

1. What were the strongest emotions I felt today?

\_\_\_\_\_  
\_\_\_\_\_

2. In which moments did I feel most alive, peaceful, or connected? (Consolation – even in difficulty)

\_\_\_\_\_  
\_\_\_\_\_

3. In which moments did I feel heavy, anxious, or spiritually distant? (Desolation – even if circumstances were fine)

\_\_\_\_\_  
\_\_\_\_\_

4. What might God be revealing to me through these movements?

\_\_\_\_\_  
\_\_\_\_\_

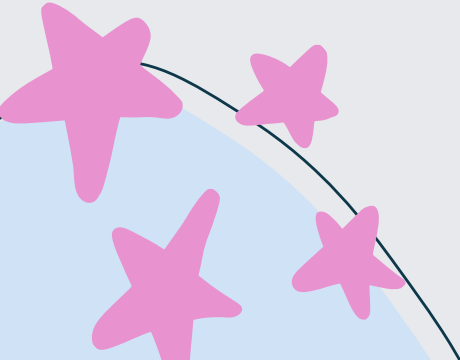
5. What is one small step I can take toward peace, love, or deeper trust tomorrow?

\_\_\_\_\_  
\_\_\_\_\_





# GET SUPPORT

- You don't have to do this alone!
  - Explore our video courses, retreats, or personal discernment coaching at [discernmentedge.com/courses](https://discernmentedge.com/courses)
  - Let Ignatian wisdom help you create clarity, purpose, and forward momentum — one choice at a time.
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