



QUESTIONS TO EXPLORE ALONG MY JOURNEY

*Life is alive – always creating opportunities for more life
and reminding of us our connection to each other.*

9	In what environment or context am I wanting to make a change? Be specific. <i>Describe your ordinary world and behavior that is maintaining stability and the status quo?</i>
1	How could life be better? What would my ideal be in the context of the change I want to make? <i>What is currently vital to me in order for me to feel stable and grounded enough to consider making changes?</i>
2	How would I be behaving in order to be moving towards my ideal? <i>Who can support me so I can feel worthwhile and connected with others during the process?</i>
3	What capabilities and skills would I be exercising in order to take action towards my new ideal? <i>What do I need to feel successful and valued in the process? How might a mentor or teacher help?</i>
4	What values motivate me to develop those capabilities? <i>Where can I get inspiration and feel significant in order to remain true to my deeper calling and ideal? What are my unique and special gifts</i>
5	What beliefs do I already hold that support those values? <i>What will help me find refuge and clarity during in the process? What is the big picture, and where do I want to fit in?</i>
6	The turning point: What ambivalence or limiting ideas would I come to question in order to honor my beliefs and values? <i>What can help me feel certainty and trusting of the responsibility for myself during this period of confusion and change?</i>
7	What new ideas , plans and options are coming to me that support my realistic doubts and enable me to invest in what I value most? <i>Where can I find joy and optimism and feel energized during the process?</i>
8	What sort of person would I be in the new situation? How would I describe my identity ? Who, in that environment, is working towards those ideals, by behaving in those specific ways, utilizing those capabilities, because I hold those values, which are supported by those beliefs, which I am able to honor because I began to doubt those old limiting ideas, which enabled me to realize my new ideas? <i>What can help me feel safe and focused during the process?</i>
9	What sort of community would I eventually be a part of that supports me in being the kind of person I envision? What will I contribute to the wholeness?