



QUESTIONS TO GUIDE YOURSELF THROUGH THE DAY



LEARNING AND GROWING

1. What am I curious about? What will I try to learn?
2. Do I have a struggle in my life right now that I'm ready to reflect upon and consider what I've learned?
3. What is unclear to me? How will I hold space to find my path?
4. Who will I come across today that wants to learn from me? How can I generously and unassumingly offer my wisdom?
5. What am I enthusiastic about?
6. What am I afraid of? How can I find refuge? Or, how can I face my fear?
7. What am I grateful for?
8. What can I forgive of myself, or others?
9. What am I facing that is uncomfortable but noble? How can I face my discomfort?

RELATING

10. Who will I see who can do nothing for me? How can I treat them well?
11. Who will I see that will inspire me to be loving, kind, and generous? How can I contribute to their well-being?
12. What opportunities do I have that are not afforded to others because of race, gender, species, class, sexual orientation, nationality, ability, or other category? How can I use these opportunities to benefit someone who does not have them?

PRESENCE

13. When can I take a break, and smell, touch, look, listen, & carefully observe my surroundings? Observe 20 items using any sense to ground myself in presence.
14. How can I connect to nature today?
15. When will I focus my time and attention on a single, important task?

