

Questions to help you stay heart-centered



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Christmas 2020

Right now,
what are you grateful
for in yourself,
your life, in others



ROOM FOR YOUR THOUGHTS

Looking back
over the year
what has filled you
with joy



ROOM FOR YOUR THOUGHTS

Looking ahead
what questions
would guide you
to a good future



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Being you, what is your
contribution to togetherness
in the world, what makes
your heart sing



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Time to be alone,
how can you turn this
into a gift, for yourself,
for others



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What is
the core motivation
of your being



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Let's keep questioning

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