

## May Theme for Exploration: IMAGINATION

*This list of questions is an aid for deep reflection. They are meant not so much to be answered as to take you somewhere. Your question may not be listed below. If the questions don't include what life is asking from you, spend the month listening to your days to find it.*

*Read through the list 2-3 times until one question sticks out for you and captures your attention. Then reflect further with questions such as:*

- *What is going on in my life right now that makes this question so pronounced for me?*
- *What might the question be inviting me to revisit? And why?*
- *How might Life be speaking through the question to offer me a word of comfort or challenge?*
- **A note about self-care:** *Often these questions take us to a vulnerable space. How might my inner voice be trying to speak to me through it? It is OKAY to ignore the questions that may be triggering – or lean in if that feels safe.*

1. What is your greatest act of imagination?
2. Has your (or someone else's) imagination ever led you astray?
3. In your early adult life, who most helped you imagine possibilities of what you could become?
4. Has age widened or narrowed your imagination?
5. Are you someone who imagines everything that can go right or everything that can go wrong? Who in your life balances you out? Have you thanked them for that lately?
6. What "imagined life" for yourself has been with you the longest? Might it be time to act on it or let parts of it go?
7. What's the most radical thing you can imagine doing before you die?
8. Are you sure it's not realistic to live that life you keep imagining?
9. What gift did your childhood imaginary friend give you?
10. Is there more to your "enemy" than what you've been imagining?
11. What did your greatest failure of imagination teach you?
12. If you could change the way a friend or family member imagines themselves or the world, who would it be and how would you change their imaginings?
13. Are you living out of your imagination or your history?
14. How close is your current life to the life you imagined for yourself in early adulthood? How would that younger self feel about the life you are living now? Surprised? Proud? Confused?