

December Theme for Exploration: CHOOSING HOPE

One of the best ways to explore our monthly themes is to intentionally unpack it. 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. Was your childhood home full of optimism or pessimism? How has wrestling with that legacy shaped who you are today?
2. Who is hope for you? Whose way of being in the world helps you believe that tomorrow will be better? What small strategy might you employ to keep their hope front and center for you?
3. What might it mean for you to “be hope”? It’s one thing to believe in hope; it’s quite another to become it.
4. If hope could speak, what do you think it would most want to say to you right now?
5. If you could magically infect someone with hope, who would it be and why?
6. Might life be inviting you to bring an old hope back to life?
7. What is your cynicism protecting you from?
8. We all carry within ourselves the hopes and fears of those we’ve loved. Is it time to put one of those down so you can make your path your own?
9. How might surrendering an ego-driven hope for the future enable you to live more fully (and joyfully) in the here and now?
10. What would happen if your hopes suddenly grew one size larger?
11. Who carries hope for you when the weariness of the world wears you down? Who needs you to carry hope for them?
12. What dreams have you silenced in yourself because of cynicism?