

November Theme for Exploration: NURTURING GRATITUDE

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. When was the last time you were grateful for yourself?
2. Which childhood experience are you most grateful for?
3. Is there something you used to be grateful for that you now take for granted? What would it take to view it with fresh eyes?
4. You are aware that your life is someone else's dream, right?
5. What would happen if you turned all of your "I have to's" into "I get to's"?
6. How would your life change if you paused to reflect on how many things you have now that were things you only dreamt of a decade ago?
7. How good are you at receiving thanks?
8. Autumn leaves burn bright with color, but if you blink, they are gone. So, what temporary blaze of beauty do you need to give your gratitude and attention to before time runs out?
9. Have you mistaken gratitude for a "feeling" rather than a practice? Or to put it another way, do you wait for gratitude to arise rather than proactively find ways to cultivate it?
10. What wakes you up to the gift of it all?
11. The most difficult gifts to be grateful for are the gifts given to us by our suffering and losses. Have you found the gift in the thing you wished hadn't happened?
12. So life's led you into a puddle. Are you still staring at your mud-covered feet? Or are you ready to look up and notice that the wide-open sky never went away?
13. Might gratitude for your life increase if you lessened how much you compare it to the lives of others?
14. How might gratitude be calling you to shift your thanks from what is extraordinary and rare to what is abundantly ordinary?