

April Theme for Exploration: Embracing Possibility

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. What book from your childhood convinced you that life was full of possibility?
What would change in your life if that childhood sense of possibility returned to you today?
2. If you could go back in time and expand your family of origin's sense of possibility in just one way, what would it be?
3. How would your life be different if you had trusted in possibility earlier in life?
4. If you believe that saving the world is no longer possible, might you still find hope in the work of creating smaller circles of community dedicated to helping people stay rooted in their values even as the world around them grows harsh and grim.
5. We all tell ourselves, "One day I will..." What "One day I will" thought has been with you the longest? And what would need to change for you to start turning that dream into a reality?
6. Who helped you find your way back to possibility when all the doors in front of you felt closed? If you were to thank them, what would you say now that you didn't or couldn't back then?
7. What have you learned about finding the possibilities that live on the other side of grief?
8. We're told to live each day as if it were our last. But what if, instead, we lived each day as if it were our very first?
9. What if we're built to have many lives in this lifetime of ours? What if we become fully human by pursuing and becoming many of our possible selves, rather than just one of them?
10. Do you believe it's too late to do it, or become it?