

## April Theme for Exploration: JOY

*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 were you first taught about “deserving joy”?
2. What simple joy rescues you over and over again? (What might you do to make a little bit more room for it in your life?)
3. Are you mostly a creator of joy, receiver of joy, notice-er of joy or spreader of joy?
4. If you could magically give a joy-filled and sorrowless week to one of your friends, family members or co-workers in the coming year, who would you choose and why?
5. Have you been hesitant or scared to ask for the thing you know will bring you joy?
6. When was the last time you sought out joy for your body?
7. Has choosing joy ever been an act of survival for you? Or an act of defiance?
8. Are you too responsible to let joy in?
9. What is one of your favorite/best moments of bringing joy to someone else?
10. Has joy ever asked something big of you? Might it be asking that now?
11. When was the last time you told your partner that they delight you?