

March Theme for Exploration: Paying Attention

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. As a child, which of your senses was your favorite way of paying attention to the world?
2. When growing up, what one or two things, above all others, did your family communicate were worthy of attention? Beauty? Duty? Kindness? Humility? Honesty? Reputation? Education? Loyalty? Success? God?
3. When was the last time paying attention left you astonished? What would it mean to have more of these moments in your life?
4. Would you be pleased if your gravestone read: “She attended well to a few worthy things”?
5. Do you need to stop beating yourself up for avoiding paying attention to an overwhelming or painful part of your life?
6. Is it time to finally pay attention to that overwhelming or painful thing you’ve been avoiding?
7. Are you wasting your attention and energy on people who take you for granted?
8. Wise ones tell us that we become what we give our attention to. What has more of your attention - and more of you - than you want?
9. As you’ve aged, what new things have grabbed your attention in a way they haven’t before? How are you a different kind of person because of this?
10. Where in your life would it help to say, 'Look what's happening!' rather than 'Look what's happening to me!'?
11. Have you ever given your attention so deeply to something that you suddenly felt one with it? How did it change your living and loving?
12. What in your life is hungry to be noticed?
13. Are you paying enough attention to yourself?