

March Theme for Exploration: TRUST

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 have you trusted since childhood and never lost faith in?
2. Have you ever been made trustworthy by someone who risked putting their trust in you?
3. When did trust in the Divine show up in your life? Is there anything about that moment that might help you navigate your life right now?
4. When did trust in the Divine leave your life? Do you ever feel a longing for it to return?
5. When broken trust left you broken-hearted, what voice in your head or word from a friend helped you pick up the pieces?
6. Has it ever been hard to trust that your children will find their way?
7. It's been said that trust is choosing to risk making something you value vulnerable to another person's actions. Does this make you see yourself or any of your relationships in a new light?
8. Is it time to start trusting yourself again?
9. Do you have doubts that deserve to be more deeply trusted?
10. Have you done more battling with your body than trusting it?
11. What would happen if you trusted life enough to let go?
12. What has your life partner taught you about trust?
13. Are you upset because you were lied to or because, from now on, you can't believe the one who lied?
14. Do you regret the time you were too scared to trust the unknown and take that leap of faith?
15. How would your life change if you stopped believing that people can't be trusted?