

January Theme for Exploration: STORY

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. In your family of origin, what story was told about you? How did that story describe you?
2. How has that story about you lived on, either by supporting your growth and relationships or by hindering them?
3. What's your fondest memory of being read to as a child?
4. If you had to put the current stage of your life into a genre right now, what genre would it be? Mystery? Romance? Thriller? Fantasy? Young adult? Fiction? Non-fiction? Satire? Self-help?
5. If you were to put the story of your childhood into a genre, what would it be? And what moment pivoted your life from that genre to another?
6. What story told by or about your ancestors has shaped or supported you the most?
7. Twenty years from now, when we tell the story of our current political situation, how do you think that story will differ from the way you are telling it today?
8. Is it time to let some part of your life story go to make room for new chapters?
9. What do you leave out of the telling of your life story that wants to be let back in?
10. What part of your story brings you the most joy?
11. When it comes to the story of your life right now, does it feel most like non-fiction or fiction?
12. Authors go to great pains to write "in their own voice." So far, have you written your life story in your own voice?
13. Have you ever been healed or saved by a story?
14. Is it possible that your story of facing headwinds is blinding you to the many winds at your back?
15. What stories of survival, hope, and connection do you carry with you?