

Seven Questions That Can Change Your Life

Clare Mann and Caitriona Reed

The quality of our life is shaped by the kinds of conversations and interactions we have, and those conversations are shaped by the questions we ask. Too often we settle for easy answers rather than exploring the sometimes difficult questions that challenge us to move towards our full creative potential.

1. What makes your _____ _____?
2. How can I turn from _____ to _____?
How can I be _____ in my life rather than _____ of _____ ?
3. What would you do if your _____ was guaranteed
4. How do my _____ impact on the planet? How can I remember the _____ not yet _____?
What gives you the right to imagine that your _____ are _____ ?
5. How can I maintain _____ ?
6. How can I stay open to _____? What is _____ about this that I am not _____ ?
7. What _____ am I _____ myself?
If I _____ it, how would it _____ my _____ ?

" . . . be patient toward all that is unsolved in your heart and to try to love the questions themselves like locked rooms and like books that are written in a very foreign tongue. Do not now seek the answers, which cannot be given you because you would not be able to live them. And the point is, to live everything. Live the questions now. . . " Rilke