



INSIGHT

Good Questions for the Confused, the Conflicted, the Betwixt & Between

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- 1** What are the core values I want to emphasize with this decision? Which choice honors them? Amplifies them? Negates them?
- 2** Would this choice bring me long term growth or short term gratification?
- 3** Would this choice propel me toward a more inspiring future or keep me stuck in past patterns?
- 4** Which choice increases self-love or self-sabotage? Is an act of faith, fear or denial?
- 5** Does this choice increase my integrity? Lead to feelings of shame?
- 6** Which option give my body an "aha" feeling, and a relaxed energetic "yes!"? Which makes me feel clenched, closed down, or stifled?
- 7** Which choice makes me feel enlivened? Creates positive feelings? Which choice leads to bleaker feelings or a sense of pointlessness or sterility?
- 8** Which choice challenges me to grow my talents and share them more?
- 9** Is this choice "big enough"? Does it stretch me and require that I rely on Divine assistance? Require that I change sabotaging patterns? Ask me to love myself better?
- 10** Am I willing to sleep on it before acting? Willing to get feedback and guidance from several people whose judgment and wisdom I trust?

