

# First, some beautiful questions from poetry

“Listen, are you breathing  
just a little, and calling it a life?”

—Mary Oliver

“And you? When will you begin  
that long journey into yourself?”

—Rumi

“I wish I understood the beauty  
in leaves falling. To whom are  
we beautiful as we go?”

—David Ignatow

“Tell me, what is it you plan to do with  
your one wild and precious life?”

—Mary Oliver

“How will you shape a life equal to  
and as beautiful and as astonishing  
as a world that can birth you  
and that you will go from?”

—David Whyte

“If I am not for myself,  
who will be for me?  
If I am only for myself,  
what am I?  
If not now, when?”

—Hillel the Elder

“I want to beg you, as much  
as I can, dear sir, to 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. Perhaps you will  
then gradually, without noticing  
it, live along some distant day  
into the answer.”

— Rilke

# 53 Beautiful Questions for This Moment

1. What story about myself is no longer serving me?
2. What are you paying attention to, and why does it matter to you?
3. What are you sensing is now different about the world?
4. What is essential? What is extraneous?
5. What can we let go of?
6. What is my body telling me?
7. What does this moment remind you of?
8. What is a mystery to you?  
How do you invite more mystery in?
9. What are you curious about?
10. What new perspective should we adopt to better see the emerging pattern?
11. What is your unspoken hope?
12. What question are we now willing to ask that we weren't before?
13. What situation, opportunity, task must your leadership now rise to?
14. What do I need right now?
15. How could this situation be serving us?
16. What are our values, and why do they matter in this moment?
17. How might we alleviate more suffering?
18. What do we have in common that we failed to see before?
19. How will this change our narrative?
20. In what ways have our interests changed?
21. What is no longer available to us?  
What is suddenly available that we never had access to before?
22. How old is your childish self?
23. What does this action say about us as a people?
24. What are we blind to?
25. Where is my tender spot?  
What do I feel tender toward?
26. How are we connected to others?  
Where do we feel the most connection in our lives?

**A REMINDER: OUR ANSWERS MIRROR OUR QUESTIONS**

27. What do we fear most?  
What evokes fear? Why?
28. Who must we be listening to really know?
29. Where do you see joyous possibility?
30. How might we make ourselves whole?
31. Who am I becoming while  
I'm doing what I'm doing?
32. How can I pay witness but not get completely  
sucked under by the current?
33. What needs to stop?
34. How can we bear what we bear?
35. Is it true?
36. What is the assumption you have?  
Why do you hold it?
37. What captures my imagination?
38. What is really clear now that wasn't before?
39. Where do you see beauty?
40. How do we update our image of ourselves  
to match who we actually now are?  
(And not our neurotic 12-year old self?)
41. What do we yearn for?
42. How could you be nicer to yourself?
43. What gives you hope?
44. Where is the light getting in?
45. How might we do something worth doing?
46. What are the fissures that were here  
before that are just now being seen?
47. What fragilities and strengths are  
being uncovered right now?
48. What do we collectively want  
for the benefit of many?
49. What is the one thing I can do that  
makes other things unnecessary?
50. How do you keep finding joy?
51. What is the quiet signal that  
we need to be listening for?
52. What darkness must we sit with  
because it's vital we witness it?
53. How do I keep choosing love?