

Meeting The World

By Meeting Yourself

Created by Early Doors



Foreward

Last year, we explored *Meeting the World by Meeting Ourselves*, a collection of 40 reflective prompts co-created as an offering to our communities, friends, and colleagues. This experiment embraced introspection during the transitional period between the Solar New Year and the Lunar New Year—a liminal space that invites us to pause, recalibrate, and regenerate.

This year 2024 felt especially long and intense like an extended disco remix. The tumultuous Dragon year was cut with deep grooves and massive shifts in the *pluriverse*. Our orientation naturally turns outward as we prepare to welcome the Lunar Year of the Wood Snake—beginning on the new moon of January 29, 2025. The Snake, known for its wisdom, intuition, adaptability and strategic nature, inspires us to explore collaboration, connection, and shared futures. In the words of Zen master Thich Nhat Hanh – *The Way Out Is In*.

Beginning on January 1st, these 28 prompts are intended for journaling, conversation, and collective reflection as we navigate the spaces between instinct and intellect, reflection and action, and solitude and community.

As a *collective* of changemakers, seekers, and kindred spirits, we offer this gift to expand the possibilities that arise when we process & progress together. May this New Year mark not only the passing of time but remind us of the transformative potential of shared purpose.

How to use these prompts

- 1. Alone.**
Start with yourself, in solitude. Think of these as journaling prompts for writing, personal introspection, reflection, and self-discovery. No one will ever see them unless you choose to share.
- 2. Alone Together.**
Begin alone, and then share with others. Get together in a duo, trio, or heck make it a party. [Feel free to join our 28 days collective chat.](#) Last year we had folks from 6 different time zones. Share or follow along at your leisure.
- 3. Together.**
Select a prompt to spark conversation deep listening and connection. This could take place at an intentional gathering, or casual chat with colleagues, friends or family. Days 21-28 are inspired by intergenerational dialogue, inviting you to share with an elder (parent, grandparent, relative or friend) or perhaps between your younger and older self.
- 4. Freestyle.**
Make it up as you go. Reply to a prompt with one word. Three words. Go in a sequence of the 'suits' or popcorn one or more prompts at random. Choose a prompt that speaks to you and journal with a flowing stream of consciousness. Or contemplate a prompt and don't write at all :-)) be a voyeur to others. Rock a week sprint or slow it down to one complete moon cycle.



January 13, 2025. Join Us for a Meeting the World co-think jam on Full Moon 13 January at 12pm PST, 2pm EST, 7pm GMT, 8pm CET.

28 days of prompts with a natural progression from:



Days 1 - 6

Presence

#reflection #heartfulness



Days 7 - 13

Intuition

#trust your gut



Days 14 - 20

Collaboration

#purpose#community



Days 21 - 28

Connection

#intergenerational #gratitude



Presence



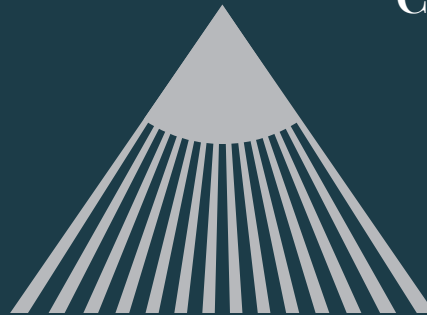
Intuition

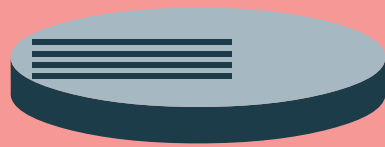


Collaboration



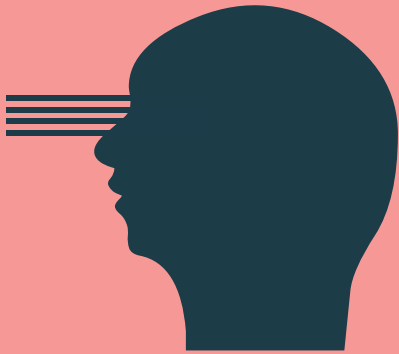
Connection





Presence #1

What are you aware of now
that you weren't aware
of last year?



Presence #2

What are you most
grateful for right now?



Presence #3

What song captures your
internal landscape
right now?
Bump it!



Presence #4

If you knew in 1 year
you would suddenly die,
what might you change
about the way you're
living now?



Presence #5

Place your hand on your
heart, if it could share
something with you
what would it say?



Presence #6

What is one special spot
you will take yourself to
watch the sunrise,
or sunset on a (personal)
date before January 29th?



Intuition #7

What's a spontaneous
decision you made recently
that brought you
unexpected joy?



Intuition #8

Remember a time when
you followed your intuition
or listened to your gut.
What signs guided you,
and where did it lead you?



Intuition #9

In which area of your life
do you tend to ignore
your intuition?



Intuition #10

What do you do to quiet
your mind? How can you
bring more of this
into this year



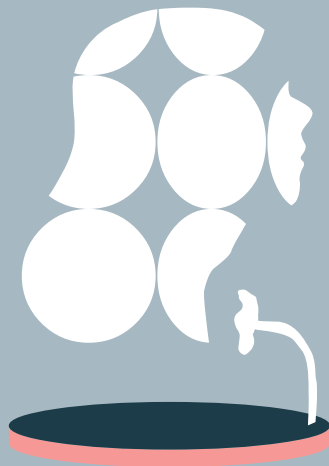
Intuition #11

Imagine your inner voice(s)
as a guide or a character.
What do they look like?
How will you honour them
this year



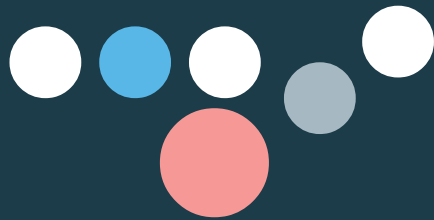
Intuition #12

Picture your happiest self
this year. Close your eyes
and take a moment to
visualize yourself clearly.
What do you see,
what are you doing?



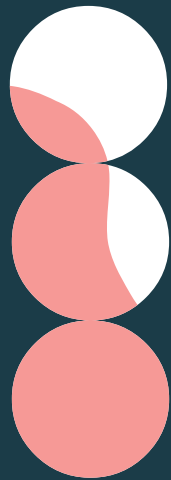
Intuition #13

Close your eyes and take
three deep breaths.
Where do you feel tension
in your body?
Now move in a way that
helps release it
(stretch, shake, sway —
whatever you feel!).



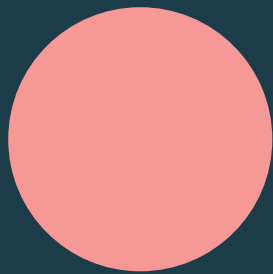
Collaboration #14

If you weren't in your
current work or career,
what would you be doing?



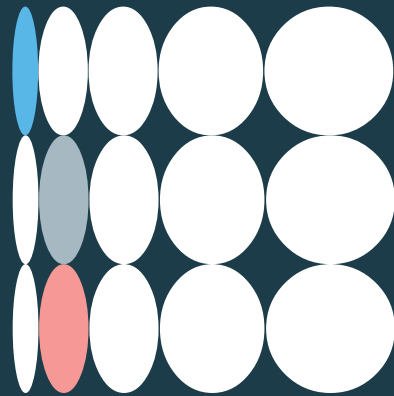
Collaboration #15

What dream project might
you start up (or re-start)
this year and with whom?



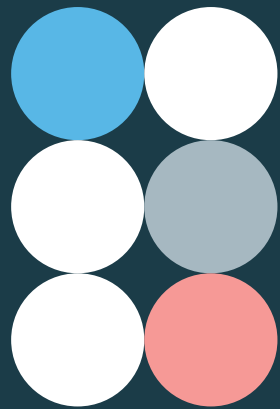
Collaboration #16

What do you need to stop
doing to free up space
to start doing something
you really want?



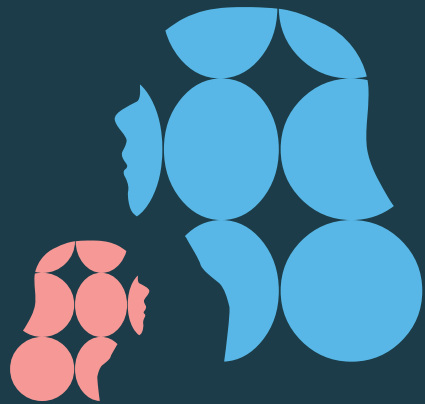
Collaboration #17

Which people around you
bring out the best of you?
Where and how
does this happen?



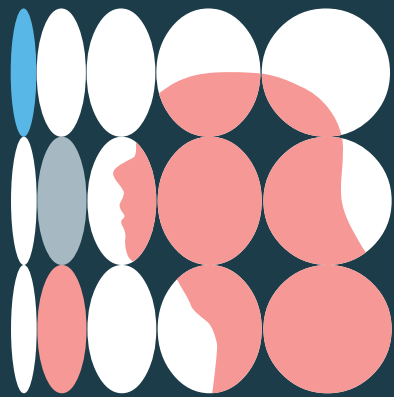
Collaboration #18

Are there people in your
life you've always wanted
to co-create something
with but haven't yet?



Collaboration #19

What's a metaphor that
might capture your
dream collaboration?



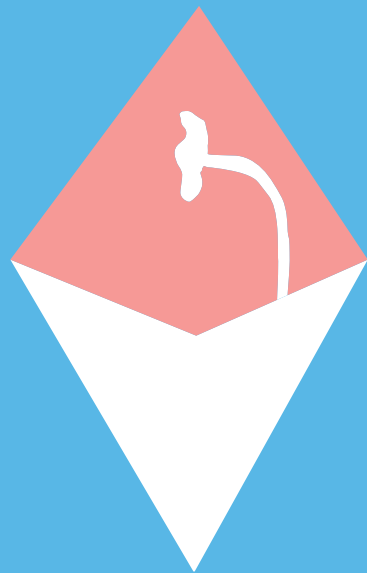
Collaboration #20

Who are the people you want
to grow old with and
what does this look like?



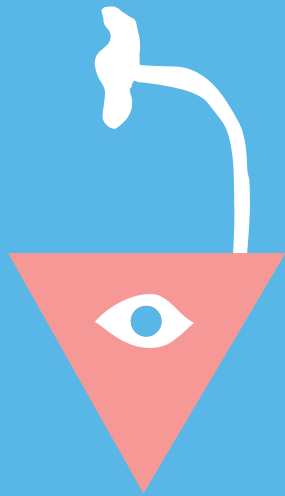
Connection#21

If there was a book
about your life up until now,
what would the title
(and subtitle) be?



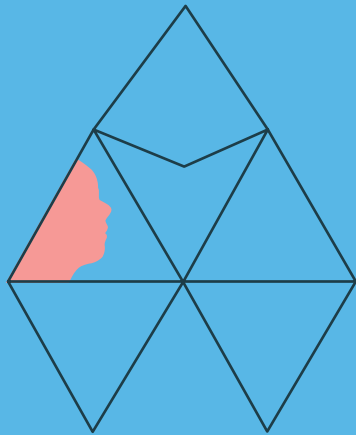
Connection #22

In that epic book of your life,
if it was 20 Chapters,
what would Chapter 5 and
Chapter 19 be about?



Connection #23

What was a funny or
mischievous thing you
remember doing as a kid?



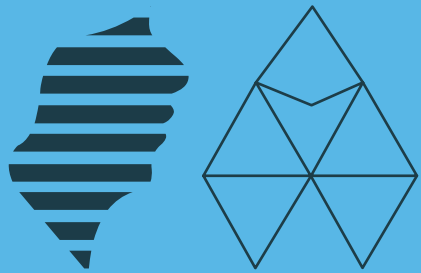
Connection #24

Do you remember your
first kiss? What
about it do you remember 🥰



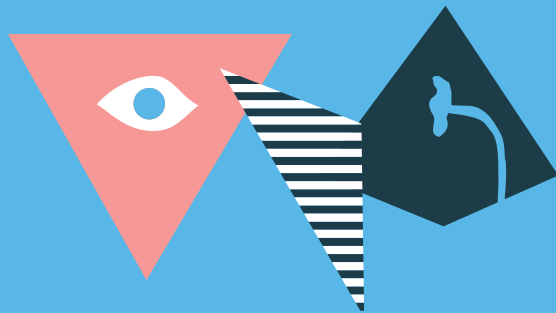
Connection #25

What's a special place you
visited that you'll never
forget and why
was it so special?



Connection #26

Do you have an aha moment
that led you to pursue
a certain path or passion?



Connection #27

What's the hardest lesson
you ever had to learn?



Connection #28

Is there anything you still
wish you could do or
experience? What is
on your 'bucket list'?



About Early Doors

Early Doors is a collective of creative entrepreneurs, educators, facilitators, friends, parents, animals & nature lovers, learners, coaches, writers, designers, curators, dreamers, and unruly agents of change united by our shared vision of the future. We ignite individual and collective transformation through creative spaces, uplifting technologies, and lovingly crafted artifacts.

Learn more at www.earlydoors.xyz

Collective Intelligence:

Jonas Altman: the Instigator
Mo-Ling Chui: the Juggling Yoda
Sara Klaben Avrahami: the Disruptor
Shahar Graf: the Grounded Nomad
Alison Coward: the Pragmatic Optimist
Karina Daukaeva: the Phoenix rising

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