



For circumstances/situations

- What would be the best positive outcome in this situation?
- Would would be a bigger picture that I could imagine as a result of this unpleasant circumstance?
- What is the invitation for me in this circumstance?
- What is it that's awakening me because of this happening?
- What do I need to let go of?
 - What is the positive result of my letting go?
 - What is the bigger purpose of my letting go?
- How can I tune into reality (faith) when I experience unwelcome circumstances?
- What is the truth about this circumstance that I previously ignored?
- How will my attention to this truth set me free?

For welcome/unwelcome feelings

- How can I tap into my God-given imagination of (peace, freedom, calm) when I experience unwelcome feelings?
- How can I re-create this freedom/peace/calm that I feel now (i.e. while on vacation) into my home?
- How can I nurture this God-given longing in my heart?
- What gave me the most pleasure/appreciation today?
- When feeling pressure, how can I realize that I have all the time I need in order to. . . ?
- What is it that I long for?
- How will I be receptive to this longing?

For self and others

- How can I be more compassionate to myself?
- In what ways can I honor my belovedness?
- How can I tune into the reality that my life is worthy?
- How can I show love, honor and respect to myself?
- How can I tune into my own heart and soul on a daily basis?
- What ideas have I not thought of before that would increase sentiment, heart/soul awareness of myself & others?
- How did I feel while in this person's presence?
- How did I contribute to these feelings? Or co-create the feelings between us?
- What drew me to this person?
- What do I believe about this person?
- What do I believe about myself?
- What is it that I really want from this relationship?
- How can I be true to myself when I'm with this person?
- How can I express my true self with lovingkindness toward them and me?
- How can I be more honoring to others?
- How can I nurture a positive trait that I previously declared I didn't have?