



# Instruction Card

These cards can be used as writing prompts, meditation questions or contemplative guides.

Not all questions have easy answers. Rilke reminds us to, 'love the questions.' Some questions are place holders for the soul.

My hope is that these questions and prompts hold you close to your heart and bring you nearer to the greatness inside you, waiting for you to let it out.

I wish you WINGS on your path.

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## 3 SOUL QUESTIONS

WHO ARE YOU?

WHERE DID YOU COME  
FROM?

WHY ARE YOU HERE?





WHAT ARE YOU HUNGRY FOR?





TO WHAT DO YOU BELONG?





WHEN LAST DID YOU TELL  
YOUR STORY?

(NATIVE AMERICAN  
QUESTION WHEN SOMEONE  
IS ILL)





WHAT DO YOU WANT TO SAY  
YES TO?





WHERE IS YOUR WATER?  
WHERE IS YOUR FIRE?  
WHERE IS YOUR WIND?  
WHERE IS YOUR EARTH?





WHAT DO YOU WANT TO  
CULTIVATE?







WHAT DO YOU WANT TO SAY  
NO TO?





WHAT DO YOU STILL NEED TO  
LEARN?





WHAT DO YOU NEED TO  
DEVOTE YOURSELF TO?





WHAT ARE YOU PREPARED TO  
GIVE?





HOW FAR ARE YOU PREPARED  
TO GO?





WHO AND WHAT INSPIRES  
YOU?

WHY?





WHAT DO YOU NEED TO  
TRUST?





WHAT COULD YOU TEACH  
OTHERS?







WHAT RISK DO YOU WANT TO  
TAKE?





HOW DO YOU WANT TO FEEL?





WHAT DO YOU WANT TO BE  
KNOWN FOR?





WHAT ARE THE THEMES OF  
YOUR LIFE?





WHAT AHA MOMENTS HAVE  
YOU HAD?





WHAT GREAT THING WOULD  
YOU LIKE TO DO?





WHO AND WHAT DO YOU  
LOVE?

WHY?





WHAT WOULD YOU DO EVEN  
IF YOU WERE NOT PAID TO  
DO IT?







WHAT DO YOU SPEND YOUR  
TIME/ MONEY /ENERGY ON?





WHAT HAS BROUGHT YOU TO  
YOUR KNEES?





IF YOU HAD A YEAR TO LIVE,  
HOW WOULD YOU SPEND THAT  
TIME?





IF YOU HAD TWENTY  
MINUTES TO LIVE, HOW  
WOULD YOU SPEND THAT  
TIME?





WHAT DO YOU NEED TO HEAL?





WHO DO YOU NEED TO  
FORGIVE?





WHAT DO YOU NEED TO LET  
GO OF?





WHAT ARE THE 5 DEFINING  
MOMENTS OF YOUR LIFE?  
HOW DID EACH ONE TAKE YOU  
TO THE NEXT STEP OF YOUR  
JOURNEY?







WHAT GIVES YOU HOPE?





WRITE YOUR BIOGRAPHY IN  
SIX WORDS





WHAT IS YOUR DEEPEST  
WOUND?





WHAT CALLS YOU?





WHO 'GETS' YOU?





WHEN DO YOU FEEL MOST  
ALIVE?





IF YOU COULD CHANGE ONE  
THING IN THE WORLD, WHAT  
WOULD IT BE?





WHAT WOULD YOU NEVER DO?







HOW HAVE YOU CHANGED?





IN WHAT WAYS WOULD YOU  
STILL LIKE TO CHANGE?





WHAT EXPERIENCE CHANGED  
YOU FOREVER?





WHAT HAVE YOU OUTGROWN?





WHAT LIES HAVE YOU TOLD?





WHEN HAVE YOU FELT TRULY,  
UTTERLY YOURSELF?





WHEN DO YOU FEEL LIKE YOU  
BELONG?





WHEN HAVE YOU REBELLED?







WHAT DO YOU NEED TO MAKE  
SURE YOU DO BEFORE YOU  
DIE?





IN WHAT WAYS DO YOU FEEL  
LIKE YOU DO NOT BELONG?





WHAT DO YOU NEED TO FEEL  
COMPLETE?





WHAT CONVERSATIONS DO  
YOU NEED TO HAVE?





WHAT ONE TRUE THING DO  
YOU KNOW FOR SURE?

