

Instruction Card

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

Not all questions have easy answers. Rifke reminds us to, "love the questions," Some questions.

reminds us to, Love the questions. Some questions
are place holders for the soul.
My hope is that these questions and prompts hold

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.

l wish you WMGS on your path.

Joanne Fedler

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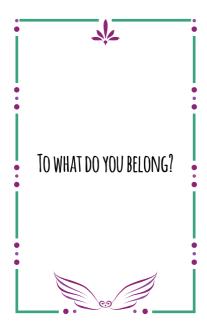


3 SOUL QUESTIONS

WHO ARE YOU?
WHERE DID YOU COME
FROM?
WHY ARE YOU HERE?









WHEN LAST DID YOU TELL YOUR STORY?

(NATIVE AMERICAN QUESTION WHEN SOMEONE IS ILL)







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?





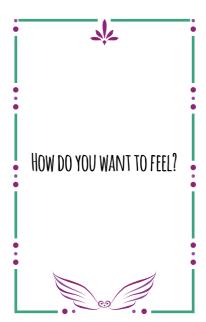
WHAT COULD YOU TEACH OTHERS?





WHAT RISK DO YOU WANT TO TAKE?







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?







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 TOURNEY?







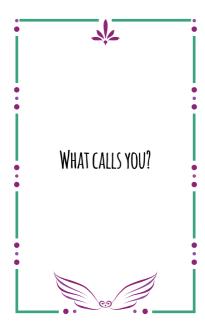
WRITE YOUR BIOGRAPHY IN SIX WORDS





WHAT IS YOUR DEEPEST WOUND?









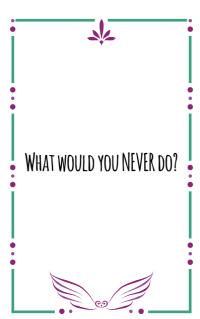
WHEN DO YOU FEEL MOST ALIVE?

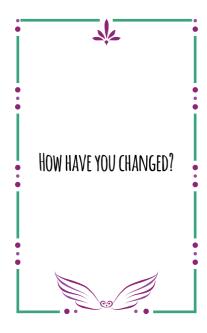




IF YOU COULD CHANGE ONE THING IN THE WORLD, WHAT WOULD IT BE?









IN WHAT WAYS WOULD YOU STILL LIKE TO CHANGE?





WHAT EXPERTENCE CHANGED YOU FORFVER?











WHEN HAVE YOU FELT TRULY, UTTERLY YOURSELF?





WHEN DO YOU FEEL LIKE YOU BFI ONG?





WHEN HAVE YOU REBELLED?





WHAT DO YOU NEED TO MAKE Sure you do before you DIF?





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?

