

Creative Questions for Self-Reflection

These questions also work great with a friend or in a small group!

- What do you want more of? / What do you want less of?
- Name 3 qualities that are really important to you? How might you nurture them today?
- Check-in with yourself and find one word for each of these questions:

How is my head today?

How is my heart?

How is my body?

How is my spirit?

What new information is available to you now because you looked and listened to all these aspects of yourself?

- What is in your circle of control and what is outside your circle of control?
- How might you play today?
- What color are you today? Describe why you chose the color you did.
- If your life was a movie, what title would you give it?
 - Alternatively, is there a movie that you just love and enjoy watching repeatedly? What do you have in common with this movie? What does it say about you? (Please avoid the “judgey” comments.)
- What landscape best describes your inner world in this season of life? (Perhaps, you can find a picture that depicts this and be curious about it for a while.) You can also do this for your “outer” world.

Note: Metaphor is a creative, fun, and powerful tool that helps us “see” more about ourselves and our life. It forces our brain to make new connections (because our brains tend to keep making the same connections over and over – leading to the same conclusions). Who’s ready for some new conclusions?!