



Questions for your Inner Guide

1. How can I navigate more gracefully in the face of what's going on for me at home and at work.
2. How do I need to think about this situation and my life right now to move forward?
3. What meaning can I give to this situation that would be most helpful for me?"
4. What do I need to know now to get me from how I feel now to how I want to feel?
5. What is my next step?
6. What other guidance do you have for me?