

7 INQUIRIES TO OPEN DOORS

"Do all that you can, with whatever you have, in the time you have left, in the place that you are." Nkosi Johnson (a South African boy who was born with AIDS and who died from it at age 12)

I was looking in my long list of quotes I've saved through the years for one that would serve as inspiration for this newsletter to start off our New Year.

This one grabbed my attention and threw the doors open to my heart and soul. I've always been attracted to messages that impact my perceptions, color my values a brighter hue, and influence my choices.

So as the New Year begins here are 7 Inquiries to ask ourselves, influenced by the criterion in young Nkosi's invitation ...

- 1 What are some self-destructive, energy-zapping ways I judge myself as 'not being/doing enough'? (This inquiry helps me get conscious of my blocks.)
- 2 What are 3 of my key needs/values I most want to satisfy by my choice of thoughts, words, and actions? (This inquiry serves to connect me with what matters most.)
- 3 Is there anyone in my life I would like to better connect with by expressing my appreciation, acknowledgment, regrets, and/or celebration? (This inquiry grounds me in conscious relationships.)
- 4 Is there any arena in which I could more fully be of genuine service? (This inquiry releases any habits of 'duty, have to, or obligation - the curse of Shoulds.)
- 5 Is there anything in my life I am whole-heartedly wanting to do or experience this year? (This inquiry leads me to jump into my passions and gifts.)
- 6 What actions of mine would bring me/others /'the world' the greatest joy/satisfaction? (This inquiry gives focus to my authenticity.)
- 7 What can I envision myself celebrating at the end of 2024? (This inquiry honors my creativity and commitment.)