



## INITIATIVE FORUM GUIDING QUESTIONS

For each day of our Initiative Forum we are offering questions to participants and contributors to guide our journey together. In this document you will find a main question followed by journal prompts for one of the five days of this Initiative Forum. We hope that these questions will inspire you to explore our themes more deeply and relate them back to your own personal experience.

### DAY 3 CONNECTION TO SELF

*What does it mean to be connected to oneself?*

- 1. When have I felt myself thriving?*
- 2. What conditions have helped me grow as a person?*
- 3. When was a moment that fostered new meaning and purpose in my life?*