**PRACTICE: CHANGE THE LENS**

**In the situation you chose, where has your attention been going? What have you been looking for that is wrong?**

_____

_____

_____

_____

_____

**What is right here that you may have overlooked? Name three things, however small.**

1._____

2._____

3._____

**YOUR PRACTICE THIS WEEK– TENDING THE FIRE**

**Before one choice each day, pause and ask both questions. Notice what shifts. This is not about perfection, just awareness.**

**One small step I will take toward an inspiring future:**

_____

_____

_____

**At the end of the week: What changed?**

_____

_____

# What Are You Asking?
# The Questions That Change Us

## WEEK ONE
## Which Way Are You Looking?



**Sometimes the way forward begins**
**not with the right answer,**
**but with a better question.**

## QUESTIONS FOR WEEK ONE

Will this choice propel me toward an inspiring future, or will it keep me stuck in the past?

Am I looking for what's right, or am I looking for what's wrong?

## KEY IDEAS

• We are the choosers. Our daily decisions, even the small ones, help shape the life we are creating.

• Autopilot can keep us repeating old patterns. A good question interrupts the habit and opens a new possibility.

• Our attention is powerful. Looking for what is right is not denial; it is a conscious decision not to let fault-finding run the show.

• Underneath our choices may be commitments we have never consciously named. We can meet them with curiosity rather than criticism.

**Myrtle Fillmore**

"I became very watchful as to what I thought and said."
*- "How I Found Health"*

If you'd like to read along:
Read Chapters 1-4 and 7
The Right Questions
by Debbie Ford

## REFLECTION: NOTICE THE PATTERN

**Choose one real situation: a decision, a relationship, a worry, or a change. Describe it honestly, without judging yourself.**

**What is guiding my choices here: fear, familiarity, approval, or something that genuinely inspires me?**

**What might my repeated choices reveal about an underlying commitment?**