

FIVE QUESTIONS: For a Life of Fulfillment, Freedom, and Love

"The nature of reality is conversational." ~ David Whyte

"The quality of our relationships determines the quality of our lives." ~ Esther Perel

"The unexamined life is not worth living." Socrates

1. **VISION:** How do I envision the world I want to live in? How do I envision my relational life? ... my relationship *with you*?
2. **INTENTION:** What is of the essence for my life to be worth living? ... for all my relationships to flourish? What is my hope, my intention, in relation *to you now*?
3. **INSPIRATION:** What inspires me to get up in the morning? What most motivates me in my life, day by day, moment to moment? What inspires me to spend time *with you now*?
4. **STRENGTHS:** What are my strengths that I can hone to upgrade the quality of my life? ...the quality of my relationships? ...the quality of my relationship *with you*?
5. **SUPPORT:** What are my resources (inner and outer) that I am drawing on to evolve my consciousness? ...to enable this precious life to be the best it can be? ...to have relationships that truly blossom? What helps me to optimize my relationship *with you*?

