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### **Guided Questions for Helping to Create Purposeful and Sustainable Guiding Principles (Individual)**

- 1. Hope & Faith** – In what ways do hope and faith guide my life now? How do I remain hopeful and faithful toward myself and others? What actions and behaviors work in my life in a practical and sustainable way to provide a sense of hope and faith for myself and others?
- 2. Strength & Courage** – What ways do I exhibit strength & courage? Where do I see strength and courage in others in a way that has influenced me? How do I provide a sense of strength and courage to myself and my loved ones? How do strength and courage guide me toward my ability to remain motivated and achieve common and individuals' goals in my life.
- 3. Respect & Dignity** – What do respect, and dignity mean to me in my own life? How can I act respectfully and with dignity to myself and others? How can I sustain a sense of respect and dignity for myself and my loved ones? Who is someone I don't respect and how I can find a quality about them that I can? What are the ways that I want to let respect and dignity act as a guiding force in my life?
- 4. Diversity & Variety** – What role do diversity and variety play in my daily life and what do they mean to me? How do diversity and variety provide for a sense of wellness in my life that allows me to stay motivated and interested in my life aims and goals as an individual and as a member of a community? What ways have variety and diversity felt successful and beneficial for me in my life this past year?
- 5. Curiosity & Creativity** – What ways do I stay curious and creative? What are some of the ways that curiosity and creativity have helped me to achieve my goals and feel successful this year? What rituals can I create to stay curious about myself and the world in a way that creates a sense of well-being, success, and worthiness for me and for others in my life? How can I create curiosity in others?
- 5. Compassion & Forgiveness** – What role have compassion and forgiveness played in my life this past year – for myself and for others? What are the ways that compassion and forgiveness have allowed me to grow and develop in beneficial ways as an individual and in relationships? What is something that I can each have compassion and forgiveness for as the new year starts – for self or other? What is something that I can share with another to help create compassion and forgiveness in other spaces? How do I want forgiveness and compassion to act as a guiding force in my life this year?
- 6. Trust & Commitment** – How have trust and commitment played a role in my life over the past year in my relationship with myself and with others? Where has my ability to trust and commit to myself and others grown and developed in noticeable and beneficial ways? What affirmations can I create for myself to remain guided by a sense of trust and commit to myself and others in my life in a way that allows me to achieve my goals and life aims?
- 7. Community & Connection** – How do I define community and connection? What roles have the concepts of community and connection (and my ability to connect with a community) played in my life over the past year? What ways do I want to be guided by and participate in a sense of communal connection for myself? What connections can I aim to make with a larger community on a regular basis that will help me feel my healthiest and allow me to grow, develop, prosper, and achieve with a community? How do community and connection allow me to understand myself more deeply?