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

1. Hope & Faith

What do hope and faith look and feel like to me in the context of my own life experience?

In what ways do hope and faith guide my life now?

How do I remain hopeful and faithful toward myself and others – to humanity as a whole?

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 do strength and courage look and feel like to me in the context of my own life experience?

What ways do I exhibit strength & courage?

Where do I see strength and courage in others in a way that has influenced or inspired me?

How do I provide a sense of strength and courage to myself and others in my life?

How do strength and courage guide me toward my ability to remain motivated - especially in regards to my ability
to achieve common and individuals' goals in my life?



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3. Respect & Dignity

What do respect and dignity look and feel like to me in the context of my own life experiences?

How can I act respectfully and with dignity to my Self and others?

How can I sustain a sense of respect and dignity for my Self and my loved ones as a mindset?

Who is someone I respect for being dignified or acting with dignity in my life and how can they inspire me to act in similar ways or honestly accept the ways in which I already act similarly?

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?

What does diversity and variety look and feel like to me in the context of my own life experience?

How do diversity and variety provide for a sense of holistic wellness in my life?

How do diversity and variety keep me interested and inspired 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?



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5. Intersectionality & Inclusion

What do intersectionality and inclusion mean to me on a person level – what do they look and feel like to me?

How have my concepts and experience of intersectionality and inclusion shaped my worldview thus far?

What are some of the ways that intersectionality and inclusion have helped me to grow, develop and evolve so far in life – how have experiences of intersectionality and inclusion led to successes for me?

What experiences have opened my eyes to another perspective outside of myself in the form of intersectionality and(or) inclusion that have helped me to appreciate their value in the world?

What actions, behaviors and rituals can I intentionally include in my life as a practice of intersectionality and inclusion – especially in areas that might seem more challenging for me?

6. Wonder & Creativity

What allows me to experience a sense of wonder and creativity in my life – what do wonder and creativity look and feel like to me?

How do a sense of wonder and creativity play a role in my mental, spiritual and physical wellness?

What are some of the ways that a sense of wonder and creativity have helped me to achieve my goals and feel successful so far in life – how is my sense of worthiness connected to them?

What actions, behaviors and rituals can I create to experience more wonder and creativity toward myself, others and the world(s) I live in and experience?

How can I help to cultivate a sense of creativity and curiosity in others that also allows me to feel connected to a sense of creativity and curiosity?



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7. Compassion & Forgiveness

What do compassion and forgiveness feel like to me from the context of my life experience so far?

What role have compassion and forgiveness played in my life – 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 have more compassion and forgiveness for my life in a way that benefits me and others – how can I have more compassion and forgiveness for myself?

What is something I consider vulnerable that I can intentionally share with another in a way that helps me to create a sense of compassion and forgiveness in my life?

How do I want forgiveness and compassion to act as a guiding force in my life?

8. Trust & Commitment

What do trust and commitment look and feel like to me in the context of your life experience thus far?

How have trust and commitment played a role in my life and 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 – how have these moments led to success for me and others?

What ways have trust and commitment been exemplified to me in a way that has inspired me to have a healthy level of trust and commitment in my own life?

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?



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9. Community & Connection

What do community and connection look and feel like to me in the context of my own life experience - how do I define community and connection for myself?

What roles have the concepts of community and connection (and my ability to connect with a community) played in my life and my sense of identity in life?

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 and other on a deeper?

10. Wealth & Worth

What do wealth and worth look and feel like to me in the context of my own life experience – how do I define wealth and worth for myself and others?

What ways do wealth and worth interconnect for me as concepts and how do these interconnections guide me in my daily life and shape my life goals?

What are some of my life experiences that have created a sense of feeling wealthy and worthy that aren't connected to money or income for me?

How do I want my personal understanding of wealth and worth to play a role in my life and act as a guiding force in a way that feels healthy and sustainable for myself and others?

What do I consider my wealthiest qualities and traits – how can I practice and embody these traits more in my life in a way that allows me to feel a sustainable sense of self-worth?