

whimsy
lives in me
journal questions

What kind of beauty speaks to me most deeply?

What moments in my life do I wish I had slowed down for?

What does "wonder" feel like in my body?

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What would it look like to treat my life as worthy of attention?

How would my days change if I assumed beauty was already present?

What would feel nurturing this week?

What am I afraid might happen if I become genuinely happy?

What would I pursue if I trusted myself completely?

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What helps me return to center?

What tends to pull me out of alignment?

What warning signs tell me I am becoming overwhelmed?

How does my body communicate stress?

What do people experience when they experience me?

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What version of myself is trying to emerge? What version of myself am I grieving?

What would a quietly luminous life actually look like for me?

What would it feel like to trust life a little more?

What does enchantment mean to me personally?

Where do I confuse control with safety?
