

HOW ARE YOU, REALLY?

Choose a partner and take turns interviewing one another, asking all ten questions of one person, and then switching roles. Be present to one another without writing.

1. How do you spend your time and energy? What “hats” or roles do you wear?
2. In three words, how are you, really?
3. On a scale of 1 to 10 (10 being highest), what is your current stress level?
4. What stresses you? What is one of your biggest challenges? Is there any aspect of your life that feels overwhelming?
5. How is your fatigue level at this time, on a scale of 1 to 10?
6. What in your life blesses you, nurtures you emotionally and spiritually? What activities give you a sense of joy and wellbeing?
7. What attracted you to this workshop? What are you hoping to gain?
8. Name 3 virtues that are strong in you. How do you live them?
9. Name 3 virtues that are underdeveloped in your life now? What would it be like to have them in balance in your life?
10. In seeking balance in your life, describe one change or boundary that would make a great difference?

Interviewer, please give your partner a VIRTUES ACKNOWLEDGMENT

