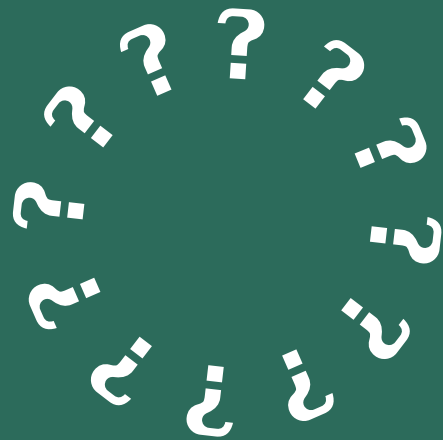


QUESTIONS

FOR

A

CRISIS



questions to ask yourself

TO COME OUT OF IT? IS THIS URGENT ENOUGH? WHAT ARE YOU WAITING FOR? HOW WILL THIS CRISIS CHANGE YOU?
communities do you want to be a part of? who do you want to be? how do you want to be in 5 years? what is most important to you?
what else do you want to achieve? how are you where + with whom do you imagine yourself to be in 10 years? what gives your life meaning?
how do you practice compassion? who do you who do you want to live the everyday? how do you create what are the things that make you happy?
how do you give you peace? what angers you? how do you culti- what did you determine your morality?
what gives you joy? how can you bring more joy into the world? how do you where is home for you?
is there anything or anyone holding you back? what are the people that make you happy?
how do you want to change? who will you become? what are you proudest of?
how do you determine success? is there anything or anyone holding you back? what are you proudest of?
how do you make other happy? how can you bring more joy into the world? how do you where is home for you?
how do you not? what gives you peace? what angers you? how do you culti- what did you determine your morality?
why or why not? how do you ground yourself? how do you give you peace? what angers you? how do you culti- what did you determine your morality?
why or what makes it home? how do you ground yourself? how do you give you peace? what angers you? how do you culti- what did you determine your morality?
why? how do you make other happy? how can you bring more joy into the world? how do you where is home for you?
why? how do you make other happy? how can you bring more joy into the world? how do you where is home for you?
why? how do you make other happy? how can you bring more joy into the world? how do you where is home for you?

questions to ask others

how are you feeling right now? what do you need? how are you taking care of yourself?

is there anything i can do to help? what is helping you most?

what are you looking forward to? what are you grateful for?

what is bringing you joy right now? what do you hope will change after this?

what is the best thing you've done since quarantine? what have you read/watched/listened to/made?

what has shifted in yourself during this crisis? what do you still hope to shift?

questions to ask the world

how can we prevent this from happening again?

how will we shape our city/state/country/world now?

what will we hold as essential after this is over?

how can we better support each other?

what will we ask of our leaders in times of crises?

what will we ask of our leaders in times of crises?

how can we create equity for everyone?

how do we better coexist with the natural world?

**and sometimes
silence is needed**