

BELONGING

When you think about belonging what comes to mind? Thinking about LMO and the connections we build together as a community and within the context of culture, how important is creating and maintaining a sense of belonging? Think about your own small community/family, who are those people that keep you feeling like you belong there? What do they do or say that helps you feel a sense of belonging? Maybe you struggle with feeling a sense of belonging. Think about how much it would mean to you to feel that sense of connection and belonging. What would that look like?

HOPE

Hope is what keeps us going. What keeps you hopeful? Who are the people, animals, and experiences that give you hope? Think of a time when you were with someone and you were feeling sad, down, or defeated. What did it mean to you to have that person there for you to provide you hope. What did they do or say that kept you hopeful? What experiences have you had that keep you hopeful? If you're struggling with feeling a sense of hope, think about how differently you would feel if you did feel hopeful. How would that change how you are in this world?

PURPOSE

Think of a time that you have made a positive impact in someone's life. Sit in that experience. What do you think it meant to that person that you were there for them in that moment? What gifts did you bring in who you are and how you walk in this world? We all have unique gifts, regardless if we have awareness as to what they are or not; this is our purpose, to share our unique gifts with others. Feeling a sense of purpose can be challenging for most of us. Knowing that we have purpose without knowing what that purpose is can sometimes be enough to know our existence matters. Even if you feel lost in knowing what your purpose is or what your gifts are, think about how it would feel to have that sense of purpose.

MEANING

Who are the people in your life that gives you a sense of meaning? Think of an experience that has happened to you that connected you to life. What is it about this experience that gives you a sense of mattering? That you have meaning just because you were born. Think of your most trusted person. What would that person say about how much you mean to them? Think of all the things you care for that let you know you have meaning - animals, plants, people etc. If you aren't sure how to identify what meaning you have to life and connections, think about how you would feel if you did feel meaning.