

alyson earl

telling stories on the web

Getting and Staying Focused in a World of Distractions

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Questions

for further exploration and study

*Ask yourself the following and write whatever comes to mind without editing.
Try using one color pen for the question and another color for the answer.
Give yourself lots of room to ramble.*

What do **I** want?

What do I **WANT**?

Stay open to letting things be simple: crisp sheets, fresh flowers, healthy food, daily walks, coffee dates with friends, pens I enjoy using, comfortable shoes.

How can I bring more of what I want into my life?

What if God were not sensible but healthily extravagant? (from the book *The Artist's Way*)

Do I believe the world is a dangerous place or a world of love, beauty and mystery, or both?
Why? How would it feel to live in a world where I could let go of fear?

Are there people whose opinions you care about more than your own?

Of whom are you jealous? Why?

If whatever you did was guaranteed to succeed, what would you do?

Write a plot summary of the story of your life so far. What have been some of the big lessons you've learned so far? Finish writing your life story in a way that makes you happy.

Please consider enrolling in my class:

[Seeing Your Life as Story: an Exploration of Symbol, Metaphor, and Meaning](#)