



The 5 awakening questions

For a Life of Freedom and Care - Inside and Outside

- 1) **(WHY)** Which world do I want to live in?

- 2) **(WHO)** Who do I want to be in this world?

- 3) **(WHAT)** What is important for me in this relationship? (with myself, others, the world)

- 4) **(WHEN)** What would I like to see happening now, in this conversation?

- 5) **(HOW)** How am I going to prepare myself for this?