Questions to Ponder...

- Did you wake up this morning by an alarm?

- Was the sun up? If not, did you watch it rise

- Did you take note of where the sun was throughout the day?

- Do you know which way the wind was blowing today?

- Was it raining or snowing?

- Did you watch the sunset or notice what time it got dark?

- Will you go to bed tonight at a specified time, or whenever you get tired?

- Who was the first person you had contact with today? Was there physical contact; hug, kiss, intimacy? How well do you know that person?

- Throughout the day, how many people do you communicate with? How many of those people are via social media, texts, or emails? How many of those people were you in physical contact with?

- Did you have an in-person conversation with a stranger?

- Did you share in-person time with family or friends?

- Did you have a deep conversation with someone in person today? Did you laugh? Did you cry? Did someone else you were with laugh or cry?

- Were you intimate with anyone today?

- Did you feel your body today (interpret that however you like)?

Questions to Ponder...

- Did you take time to check in with any parts of your body and see how they were feeling?

- Did you get your heart rate up?

- Did you feel that had to strain for something today?

- Did you feel the water on your skin when you took a shower or bath? Did you feel the rain, snow, wind on your skin?

- Did you masturbate?

- What did you eat for breakfast? Lunch? Dinner? Snacks?

- Did you have to do anything for the food you ate; collect it, pick it, process it, cook it?

- Did you plan on everything you ate today, or was it spur of the moment?

- Do you know all the ingredients in your food today? Could you buy all the ingredients easily at a local store?

- Did you share a meal with someone today?

- Did you spend more than an hour at any one meal?

- What did you clothe your body with?

- Where did you buy it?

- Who made it?

- Did you make anything that you wore today?

Questions to Ponder...

- Do you know what materials are used in your clothing?

- Did you work today? This is a little more involved discussion, but take some time to write out a good description of what you do in a day.

- Who did you work with?

- Do you use a computer for the majority of your job?

- Are you part of a team?

- Do you do manual labor?

- How did you get where you were going today?

- Did you have to exert any energy to get there (walk, ride a bike)?

- Did you go the same way yesterday?

- If you took a random detour, would you know where you were in a mile or so?

- Did you stop someplace today that you've never been?

- Did you hear any news today?

- Did you take some time to research a topic that you'd heard about?

- Did you post to a website or social media something that you'd written that you're passionate about?

Questions to Ponder...

- Did you take some time to research a topic that you'd heard about?

- Did you post to a website or social media something that you'd written that you're passionate about?

- Did it take you more than a couple of hours to write that?

- Did you have an in person debate with someone and learn something?

- Did you have an in person conversation with someone and agree to disagree?

- What did you do for entertainment today?

- Did you watch television?

- Did you see a live band?

- Did you play a musical instrument for yourself or others?

- Did you paint a picture or do something artistic?

- Did you read a book?

- Did you go bird watching or something else outside?

- Did you journal today?

- Did you meditate?

- Did you pray to whomever your Goddesses and Gods are?

- Do you feel like you have a direct connection to the deities, or do you have to go through someone else (pastor, priest) to communicate with them?

Questions to Ponder…

- Did you do magick today?

- Did you give thanks or make an offering to a deity today?

- What are you feeling after taking time to think about and answer these questions?