

# BONUS 8 QUESTIONS

Here are the eight questions that Scott offered for deeper reflection.

## What moral judgments or stereotypes do I hold about myself or others?

- Where do these judgments originate—are they shaped by my culture, upbringing, or society?
- Are these judgments fair or helpful, or do they limit my perspective?

## Have I found resolution or closure for difficult experiences?

- Are there unresolved events or emotions that still hold “tyranny” over my life?
- What steps can I take to process and move beyond these experiences?

## What wisdom or life lessons can I draw from my experiences?

- Can I summarize the learning from my challenges in a sentence or two?
- How might I share these insights with others?

## How do my judgments about younger or older generations affect my relationships?

- What can I learn from engaging with people of different ages or backgrounds?
- How might intergenerational dialogue broaden my perspective?

### QUESTION

1

## What beliefs or habits have I accepted as “absolute” in my life?

- Are there things I never question, simply because “it’s always been that way”?
- How might challenging these help me grow?

### QUESTION

2

## How have my life experiences shaped my story?

- What are the “faces in my mirrors” and “ripples in my pond”—the people and events that have influenced me?
- What patterns or themes run through my story?

### QUESTION

3

### QUESTION

4

## How do I view my life when I step back as an outside observer?

- If I read my own story as if I didn’t know myself, what would I notice?
- How has my perspective changed over time?

### QUESTION

5

### QUESTION

6

## Are there areas of my story that need further exploration or attention?

- Are there topics I avoid because they’re painful or uncomfortable?

Am I approaching these at a pace that feels safe and manageable?

### QUESTION

7

### QUESTION

8



