

When you have a question without a clear answer you can get stuck in a loop of uncertainty. More questions may arise such as *Should I... Could I... What if...?*

Sometimes this loop can feel never-ending, prompting us to pick a quick answer just to stop the mental chatter. By naming answers too quickly, you can end up with unintended consequences and limit your possibilities.

But with a slight shift in perspective, you can shift your loop into something more resourceful. It begins by ***Living in the Question***.

This open-ended way of thinking challenges you to let a question linger before landing on an answer, encouraging curiosity as an intentional skill to lean on.

To apply this practice to your life, use the steps below as a guide. A question has been provided or feel free to bring a question of your own.

Living in the Question

Think of something that is holding you back.

Who could you be if fear didn't take hold?

- ① **Write the question on a piece of paper.**
- ② **Throughout the day, as you think of something related to your question, write down your thought(s). Don't overthink, analyze or judge. Let the question and answers linger.**
- ③ **After some time, revisit your answers. As you read them, notice how they evolve. They may change or become something new. It's in *the noticing* that your wisdom will take shape.**

To deepen this experience, ask yourself:

Am I asking the right question or does it need to change?

What insights did I gain?

Do I need to *Live in the Question* a little longer?

Did a solution come forward? What is my first step?