

May 2026 Questions for Reflection

Re-Rooting, Balanced Perception & Clear-Sighted Hope

Truth Intuition Grounded Vision Present-Moment Awareness

1 Building from Truth or from Hope

When you imagine your next chapter, are you building from what is actually true right now — or from what you hope will be true?

Think:

What do I actually know to be true about this situation, separate from what I want?

If I set aside my hopes for a moment, what does the present reality look like?

Am I making plans based on evidence — or based on how I want things to unfold?

What information might I be glossing over because it complicates the vision?

Example:

"When I look honestly at where I am right now, I notice I have been planning around a version of this situation that does not yet exist. Acknowledging that does not end the vision — it gives me a more honest place to build from."

My reflection:

2 The Signal You Have Been Minimizing

Think of a decision you are currently facing or a vision you are holding. Can you identify one signal you have been minimizing because it is inconvenient or unwelcome?

Think:

What piece of information about this situation makes me slightly uncomfortable to look at directly?

Has anyone offered a perspective I found easy to dismiss? What was in it that I did not want to hear?

Is there a result my current actions are producing that I have been explaining away?

What would change if I let that signal matter as much as the encouraging ones?

Example:

"I have been aware of a hesitation in the back of my mind but kept reframing it as fear rather than useful feedback. When I let myself look at it directly, I realize it is pointing at something worth addressing before I move forward."

My reflection:

3

Knowing Versus Wanting

When you feel a strong pull toward a particular outcome, how do you distinguish between genuine intuitive knowing and the emotional charge of wanting?

Think:

Does this feeling arrive with steadiness and quiet clarity, or with urgency and emotional charge?

Would I still feel drawn to this path if I knew the outcome would be different from what I imagine?

When I sit with this quietly for a few moments, does the feeling hold — or does it need reassurance to survive?

What does genuine knowing feel like in my body, compared to the feeling of wanting something intensely?

Example:

"I notice that when I am truly aligned with something, the feeling does not need to be constantly reinforced. When I am operating from desire, I find myself looking for confirmation everywhere. That difference has become a useful signal."

My reflection:

4

Vision Rooted in Reality

What would it feel like to move forward with your vision fully intact — but rooted in what is real rather than what is ideal? What, if anything, would have to change?

Think:

What aspects of my vision am I willing to hold onto, even if the path toward them looks different than I imagined?

What assumptions about timing, circumstances, or other people might need to be revisited?

If I grounded this vision in present-moment truth, what would the next honest step actually be?

Is there a version of this vision that is both authentic and realistic — and what does it look like?

Example:

"I do not have to give up what I am moving toward. But I may need to release the specific picture I have built around it and trust that the underlying intention can be honored by a different path than the one I have imagined."

My reflection:

5 Reaching Ahead of the Ground

Where in your life right now are you reaching ahead of the ground you are standing on — and what would it mean to slow down, root in, and look honestly at what is actually here before taking the next step?

Think:

Where do I feel the most momentum or urgency to move forward right now?

If I slowed that momentum for a moment, what would I be asked to look at?

What would it mean to fully inhabit the present stage of this situation before moving to the next one?

What becomes possible when I stop reaching and simply attend to what is here?

Example:

"I have been so focused on where I want to be that I have been moving through the present rather than in it. When I slow down and actually look at where I am standing, I find there is more here to work with — and more to learn from — than I had noticed."

My reflection:

This month, I am choosing to move forward with:

"Grounded hope is hope that has been tested against reality and emerged stronger."