Some Questions to Explore with others after participating in an EcoMind Workshop

Don’t read this book alone!

- **The power of curiosity**: What have I just learned that most piques my curiosity and inspires me to learn more? How can I best pursue my curiosity?

- **The power of frame and language**: What is one piece of my current mental map—my core assumptions about life—that limits me? How could I reframe it to free myself?

- **The power of self-awareness**: What is an important strength I already have—knowledge, contacts, quality of my character—that I can share and further the emergence of Living Democracy? How do I grow my strengths? How do I use my strengths to empower others?

- **The power of action**: What is one thing I learned in EcoMind that I want to act on right now to align my life with the world I want and make me more powerful?

- **The power of connection**: Who can I reach out to right now—friends, strangers, groups—to help keep me going?

- **The power of organization**: How can I incorporate eco-mind lessons into groups I’m part of? How can I join and strengthen other groups that are aligned with a frame of possibility?

- **The power of inspiration**: Who are my heroes—my everyday heroes—and how can I bring them more fully into my life?

- **The power of embracing fear**: What is one risk I could take now to enhance my creative power?