



Into the Depths:

An Advanced Training on Rituals, Shadow and Facilitation

The Mother Journaling Question Series

Here is an examples of a longer journaling/questioning sequence to help participants go deeper on a topic

- Describe your relationship with your mother.
- What did you learn about nurturing from your mother?
- What did you learn about growth from your mother?
- How did your mother nurture or not nurture you?
- How do you nurture yourself?
- What did you learn about patience and acceptance from your mother?
- How did your mother have patience/acceptance or not with you?
- What did you learn about protection and persistence from your mother?
- Have you had female mentors/mother figures in your life? If so, what have you learned from them?
- How does all of this relate to how you grow/nurture your business and how you facilitate?
- In what ways are you so grateful for your mother's love?
- In what ways would you have wanted your mother to do things differently?