

This is not just a gift – it's a conversation starter. Use it in your own circles.



The Compass of Questions

Vol. 1 – Presence

Presence & Attention

1. Where in my life am I truly present — and where am I only performing presence?
2. What conversation have I been postponing with myself?
3. What is asking for my attention, quietly, that I keep overlooking?

Noise vs. Silence

4. What noise am I mistaking for love?
5. What silence in my life has carried the most meaning?
6. When everything goes quiet, what part of me still speaks?

Becoming & Renewal

13. What would it mean to come back to myself today?
14. What part of me have I hidden that is ready to return?
15. What do I want to carry forward — not as weight, but as a compass?

Choice & Direction

7. Where in my life am I following instead of choosing?
8. What story am I carrying that no longer belongs to me?
9. If I stepped off the well-worn path, what thread would I want to follow?

Memory & Echo

10. Which memory has been echoing lately — and what might it be asking me to remember?
11. What line, lyric, or moment has stayed with me longer than I expected?
12. What do I keep returning to, even when I tell myself I've moved on?

Guiding questions to help you pause, recalibrate, and listen for the signal beneath the noise.

Choose one question that resonates and share what surfaced.

Questions are not detours – they are the compass points of becoming.

Share your reflection

The stories you carry shape the life you live.

S. Bobby Alexander | sbobbyalexander.com

S. Bobby
Alexander
AUTHOR

