



## Possible Ponderings

### *The theme for March is Commitment*

*Possible Ponderings is an offering of ways you might consider engaging more deeply with the theme or reflecting on the ways the idea of Commitment shows up in your life.*

**March 1 - 6:** What helps you move forward in your commitments? What supports help you stay committed?

**March 7 -13:** What are the ways that looking back can serve us? What are the ways it can hold us back?

**March 14 - 20:** What is a commitment you make everyday? What does that commitment look like in practice?

**March 21 - 28:** What could it look like to commit to moving outside your comfort zone? When have you done this well?