

## Begin with Curiosity

### Focus Questions for Getting Started

To make a habit of living in place is to make a habit of asking yourself good questions. Through the process of working with the Wheels, you will be encouraged to find and nurture your sense of wonder about your home place. To get started, you might set aside some time to explore each of the following focus questions. Perhaps you will answer them one at a time over as many days; perhaps you will journal through them all in one sitting. The choice is yours; any approach you use will work.

#### **How do you wonder?**

Describe a time and place where you recall a sense of wonder so authentic that it catches your breath to remember it now. Take time to draw out the details:

When did this happen?

Where were you?

What did it feel like?

What did you see, hear, smell, or taste?

If you could rreate that sense of wonder in this place and in this moment, what would that be like for you?

#### **What does the phrase 'home place' mean to you?**

Is there a specific location, such as a hill, garden, or kitchen that comes to mind?

Is there a quality, such as playfulness, discovery, or longing that you feel?

Are there words or sounds that call you home?

What happens if you search, in your thinking or your wandering, for the place where your heart is at home?



**How does your home place move through time?**

How do you experience the cycle of seasons? What are the expected happenings, such as a chorus of frogs, a migration of birds, or celebrations and holidays, which mark the turning of time each year?

What types of unpredictable events, such as bats in the attic, a tree taken down by gale winds, or the reappearance of an old friend, catch you by surprise?

What do the seasons teach you about your life, such as when to embrace or resist change; when to be active or quiet; or when to start something new?

**How do you experience the boundaries of your home place?**

How big is it?

Does it include a house or apartment, a yard or streetscape, a farm, community or landscape?

If you dream from a bird's eye view of your home place, looking down on it from above, does its size seem small or large?

If you were to describe a boundary, would it enclose a fixed space? Or might it telescope in and out, like a zoom lens, offering different sizes of geographic space for different purposes and times?

