

Pilgrim Question # 1

**As a pilgrim,  
what **unknowns** have you experienced,  
how have you related to them and what have you learned?**



**Cultivating healthy relationships with the unknown**



## Pilgrim Question # 1

**As a pilgrim,  
what unknowns have you experienced,  
how have you related to them  
and what have you learned?**

### **Review this question**

1. Reflect on how this question relates to your your experiences in the past
2. Make your notes
3. Share the essence of your notes with the group
4. Share your important learning
5. Share comments on the interesting ideas and observations you have heard

Pilgrim Question # 2

**As a pilgrim of your own life,  
what new experiences would you like to explore to  
become the person you would like to be on your path ahead?**



**Cultivating healthy relationships with the unknown**



## Pilgrim Question # 2

**As a pilgrim of your own life,  
what new experiences would you like to explore  
to become the person you would like to be  
on your path ahead?**

### **Review this question**

1. Think about your life as you move forward
  2. Make your notes
  3. Share with the group what new experiences you would like to explore and what actions you intend to take.
  4. Comment on the ideas / observations you have heard
- Share one word to describe your session or the value for you
  - Exchange e-mail addresses for potential follow up dialogue