

Reflection Questions

Take as much time as you need to sit with these questions:

1. How do I view interruptions in my life?
2. What do I do with them? Do I get rid of them? Do I give in to them?
3. Do I allow them space & let them govern my day?
4. Do I try to remain focused on the schedule and resist them?
5. Is there some other response that arises in me as I reflect?