

Embracing Possibility: From Fear to Faith

Key Ideas from the session

- Possibility is a spiritual posture, not a guarantee
- Fear often signals growth, not danger
- Perspective shapes what we believe is possible
- You cannot control everything, but you can control your response
- You are not finished becoming

Reflection Questions

- Where have I closed the door on possibility?
- What fear is behind that decision to resist/avoid possibility?
- What small step could reopen that door to a new/different possibility?
- How can I stay present to what is unfolding?

Practice for the Week

Daily Possibility Practice: Use these prompts daily, writing your thoughts in a journal or notebook. What changes from one week to the next?

- Notice one limiting thought (new or recurring) to focus on for the week.
- Pause and question it with grace for yourself and what it has meant to you.
- Choose a more open, positive response, and act on that response as soon as possible.

Affirmations

- I am open to new possibilities.
- I trust my ability to respond to what unfolds.
- I am still growing, still becoming.