

1. Do you know how sensitive you are to colour? Some colours suit our appearance and complexion better than others. Some individuals suffer from colour blindness. Do you have a favourite colour or shade? How aware are you of the colours of springtime in nature?
2. What do you think are the major issues facing the world today? Do you pray about these? In your prayers do you pray for change in others or also seek help and inspiration for what you may be able to do yourself or with help?
3. Jesus is praying to intercede for us all the time. He is one of us in addition to being the Son of the Father. He carries our prayers to our Father for us – making them more enhanced because of this. Does this help your praying?
4. What are your best talents, gifts, hobbies and experience? Can you or do you share them so others have the benefit too?
5. If you were not living here or at this time, where else and at what other time would you, in your daydreams like to live? Swap this with someone else's fantasy too.
6. We are helpful people. Would you consider helping to make things happen – like picking up litter, helping Kynren, supporting the foodbank, reading more varied material, joining an interest group or attending some chosen course etc. What comes to mind?
7. Are you a doer, a procrastinator, a control freak or an easy going person? Have a smile about yourself and share your self awareness with a good mate.

Thank you.