



Beauty

Reflection questions

Which question captures the call of your inner voice and what is it trying to get you to notice? Which one contains “your work”? Sometimes it helps to read the list to a friend or loved one and ask them which one they think is the question you need to wrestle with!

1. When were you first healed by beauty?
2. When were you first protected by beauty?
3. When did beauty first teach you something?
4. When was beauty a doorway to the divine?
5. What makes a beautiful soul? What do you do to beautify your own soul?
6. What’s the most beautiful thing you’ve ever seen?
7. What did your family of origin teach you about what it means “to be beautiful”?
8. What parts of life have grown more beautiful as you’ve aged?
9. What’s something you know now about beauty that you didn’t know when you were 16 years old?
10. Is beauty a private thing for you? Or do you need to share it with someone for the experience to be complete?
11. What if beauty isn’t something we encounter but something we become?
12. Who in your life needs told they are a beautiful soul?
13. Have you ever experienced a “beautiful goodbye”?
14. What’s your question? Your question may not be listed above. As always, if the above questions don't include what life is asking from you, spend the month listening to your days to hear it. Or maybe the question or call you need to hear is waiting in one of the quotes listed on our site. Consider looking there!

- (1) What is beauty?
- (2) Who decides who or what is beautiful?
- (3) How often do you think about beauty?
- (4) Do you think you have the same concept of beauty as your friends or family?
- (5) What are the most important features when determining someone's beauty?
- (6) How would the world be different if we never considered beauty?
- (7) Is beauty in design important in your culture?
- (8) Do you think we are conditioned by advertising to think what is beautiful and what is not?
- (9) What do you think of beauty contests?
- (10) What does "beauty lies in the eye of the beholder" mean? Do you agree?