

**Some Questions to Explore with others after participating in an *EcoMind* Workshop**  
*Don't read this book alone!*

- ***The power of curiosity:*** What have I just learned that most piques my curiosity and inspires me to learn more? How can I best pursue my curiosity?
  
- ***The power of frame and language:*** What is one piece of my current mental map—my core assumptions about life—that limits me? How could I reframe it to free myself?
  
- ***The power of self-awareness:*** What is an important strength I already have—knowledge, contacts, quality of my character—that I can share and further the emergence of Living Democracy? How do I grow my strengths? How do I use my strengths to empower others?
  
- ***The power of action:*** What is one thing I learned in *EcoMind* that I want to act on right now to align my life with the world I want and make me more powerful?
  
- ***The power of connection:*** Who can I reach out to right now—friends, strangers, groups—to help keep me going?
  
- ***The power of organization:*** How can I incorporate eco-mind lessons into groups I'm part of? How can I join and strengthen other groups that are aligned with a frame of possibility?
  
- ***The power of inspiration:*** Who are my heroes—my everyday heroes— and how can I bring them more fully into my life?
  
- ***The power of embracing fear:*** What is one risk I could take now to enhance my creative power?