

Questions to Ask Your SoulCollage® Cards

***NOTE:** You don't have to use ALL of these questions with EVERY card. They are meant to serve as a guide for you as you begin to develop a relationship with a card. This is by no means a definitive list! Use it as a starting point. Read the questions all the way through to yourself first, and then choose several that resonate with you for a particular card.*

General Questions:

Who are you?

What do you have to give to me? What gifts do you bring into my life?

What do you want from me?

What do you need from me? (Notice how the *want* may be different from the *need*.)

Are you related to any other of my inner parts? Are you related to any other cards in my Deck?

What do you think about (name another one of your Neters)?

What message do you have for me specifically today?

What are you afraid of? What are you most afraid of?

When did you first appear in my life?

What's your favorite color? Song? Movie? Game? Book?

What is your strongest belief?

What makes you angry?

If you were in charge of my life, what would have me let go of? What would you have me keep?

What is the most important thing for me to be aware of?

What would you have me know about a specific challenge I'm facing now?

What brings you the most joy? The most sadness?

What nourishes you?

Where does your energy show up in my body?

What is your favorite season? Why?

What do you like best about yourself?

What did you like to do when you were a child?

What did you especially *dislike* doing when you were a child?

What symbols, images or songs have been important to you over the years?

Who is your favorite movie or TV character? Why?

What is the most important thing you think I should be aware of?

What would you like me to know about a challenge I am currently facing?

What happens in my life when there is TOO MUCH of your energy? Too little?

Sentence Starters:

I am afraid of.....

I wish I could have....

My biggest strength is...

My secret wish is...

If I could go anywhere, I would go...

My biggest weakness is...

If my house was on fire, I would save...

I strongly believe...

What I know for sure is...

I wish I was less...

I love being able to...

I hate having to...

My favorite color is _____ because.....

I wish I was better at...

I am good at

If it's a dark/shadowy card:

What is your real job/role in my life?

If you were more in balance, how could you help me?

What do you think would happen if you took a day off, or an hour off? What are you afraid will happen if you go "off duty" and take a nap? What are you afraid will happen if you stop doing _____?

Who are you protecting?

What are you hiding from?

What are you hiding?

Community Suit/Ancestors (Other suits too):

What are the gifts I've received from you?

How do you see me growing and changing?

What guidance can you offer me today?

What did (do) you value about our relationship?

Use Prompts from “Me Cards for Kids” by Nancy Weiss

I am _____

I wonder _____

I hear _____

I see _____

I want _____

I am _____

I pretend _____

I feel _____

I touch _____

I worry _____

I cry _____

I am _____

I understand _____

I say _____

I dream _____

I try _____

I hope _____

I am _____

“Your images show what’s going on in your world and your I AM poem puts together your world. When you’re doing your poem, you think to yourself, ‘What is going on in this picture? What are some details that I can add to this story?’ You express whatever you are feeling that moment.” -Jack (Grade 1-3) [from the book *MeCards 4 Kids* by Nancy Weiss.]