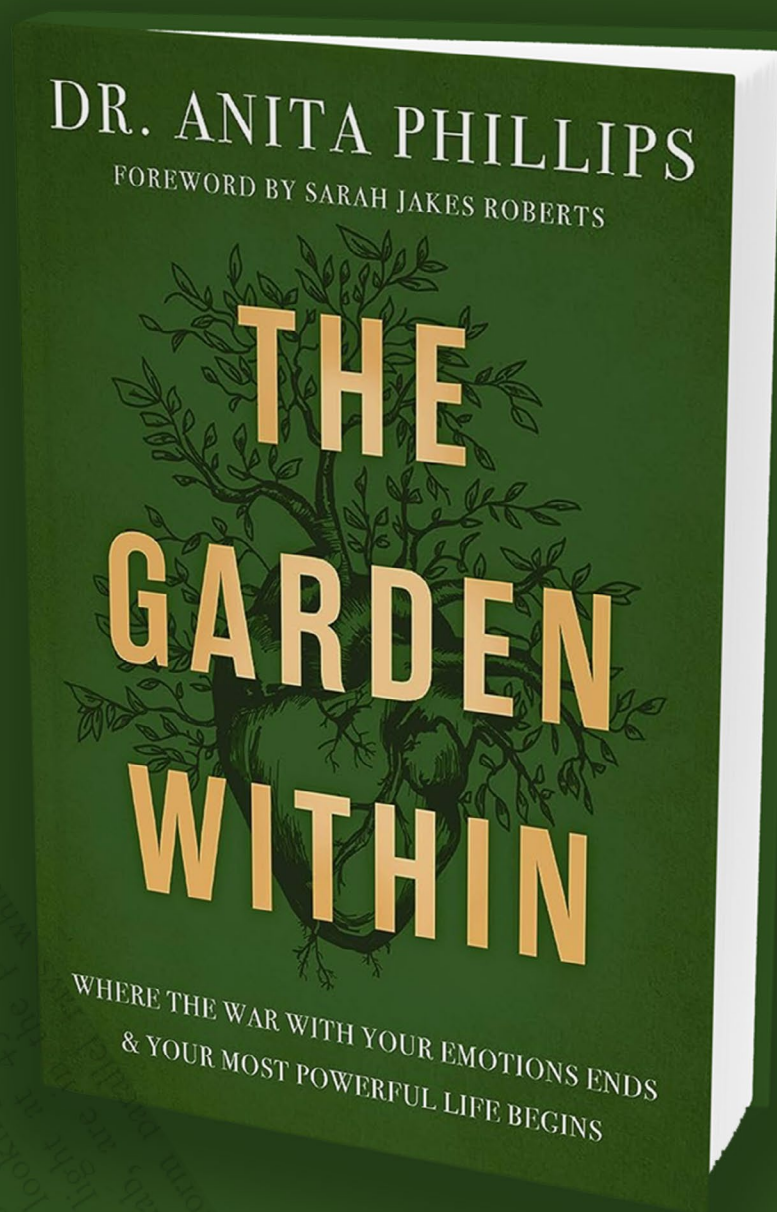




BKCLB

SEPTEMBER 2023

DISCUSSION QUESTIONS



THE GARDEN WITHIN

DR. ANITA PHILLIPS



DISCUSSION QUESTIONS

Dr. Anita threads a beautiful analogy throughout this masterful book, helping us see our lives and emotional landscape through the symbolism of a garden. Her consistency in comparing our life stages, development and ultimate flourishing is visually depicted, giving us a broader depth in seeing ourselves -- both present state and in what will become.

Using the concept of zones, WE want you to assess the current state of these distinct zone areas and develop some language around how you want to see these areas grow.

RELATIONSHIP ZONE

- Relationship with myself: How would you describe your level of connection with who you are? How self aware are you? What might you improve upon as you think about being more connected with yourself and to your body?
- Relationships with others: Who in your life do you feel most supported and loved by? Do you have a person with whom you can share your good and bad news?
- Relationship with God: Which dimension of your relationship with God do you lean into the most?

PURPOSE ZONE

- Name the need that your life is meeting. Can you see it clearly, either in your work space, relationships, or other? If not, what do you want to meet?

What role does your life play in service to others? How are you engaging the

- community by what you feel called and led to do?

LEGACY ZONE

- Where are you pouring the most energy and passion?
- What impact do you hope to have in those areas?
- How can you dedicate more time and space creating intentional moments doing this work?

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