



***Threshold
Orientation Circle***
**Pre-Circle Reflection
Prompts**

Dear Participant,

Before we meet in the Circle, you are invited to take 15-20 minutes to ponder the following. There are no “right answers”. They are for your benefit to arrive with greater clarity.

Prompt 1

Where am I expending energy maintaining a position, identity or neutrality that no longer feels honest or true?

Prompt 2

What truth(s) about the world or my life did 2025 reveal that I have not fully integrated yet?

Prompt 3

What decision feels overdue, not because I lack information, but because I've been fearing and avoiding its consequences?

Prompt 4

If I leave this Circle clearer, what would I want that clarity to change in how I move forward?