

# DIVING DEEP WITHIN: SELF-INQUIRY JOURNAL PROMPTS



## DUALITY: CHAOS VS STRUCTURE

- What is more common for you: Being in a state of structure and order, or being in a state of spontaneity and fluidity?
- Are you happy with your answer to the previous question or do you wish it was different?
- How flexible do you consider yourself to be?
- What is your relationship with chaos/fluidity/improvisation?
- What is your relationship with structure/routine/order?
- In what way has excessive structure or rigidity negatively affected you?
- In what ways has structure supported you?
- In what ways has chaos or a lack of structure negatively affected you?
- In what ways has chaos/fluidity supported you?
- In what areas of your life could you benefit from more structure?
- In what areas of your life could you benefit from more fluidity?