



## UNWRAPPING GOD'S GIFTS IN YOUR LIFE

KEYNOTE QUESTIONS FOR NORTH DAKOTA CATHOLIC DAUGHTERS – MAY 1, 2021

- ♥ Thinking about special gifts I've received, why were they special and who gave them to me?
- ♥ What specific gifts has God given to me? Make a list of my strengths, skills, talents and abilities.
- ♥ How and when do I go to God in prayer for help and guidance? Do I talk AND listen to Him?
- ♥ Am I living my life in fear or in faith? Do I hold on to past hurts, sadness, anger or regrets?
- ♥ How can I get "unstuck" to re-adjust my attitude, handle change and move forward?
- ♥ What is my level of Trust in God today? What about my level of Trust in people in my life?
- ♥ What difficult decisions have I been putting off and how can I move forward?
- ♥ How can I let go of my *junk* – my negative attitudes, beliefs and behaviors that are hurting me?
- ♥ Which burdens am I carrying for others who have dumped their problems on me?
- ♥ What steps can I take to put others in charge of *their own stuff*?
- ♥ What is the name of my current *storm*? What am I doing to be a *storm survivor*?
- ♥ Who are the friends God has placed in my life to be my advocates and allies?
- ♥ Am I open and honest enough to ask for their help? Can I accept that help when I need it most?
- ♥ Do I understand that maintaining friendships takes effort? Am I a true friend to those who need me?
- ♥ How would I describe the unhealthy relationships in my life? How are they impacting me?
- ♥ What steps can I take to change them? Do I need to ask for help? From whom? When will I ask?
- ♥ Who are the difficult people in my life? How do they manipulate me to get what they want?
- ♥ Since I can't change them, how can I change my attitude and behavior when I interact with them?
- ♥ Which people in my life do I need to forgive? If God has forgiven me, can I forgive myself?
- ♥ How can I better discern and follow God's plan and purpose for my life?
- ♥ Am I where God wants me to be? Am I listening for His guidance and direction?
- ♥ Do I appreciate and accept the special and unique gifts God has bestowed on me?
- ♥ How can I use those gifts – my strengths, talents, skills and abilities – in service to others?