



## Who's Your Buddha? Exercise for Questions for Peace & Possibility

- 1 (or More) Person Exercise
- Each person writing their portion of a Blueprint of We Collaboration Document helps to craft a list of questions they commit to answer with one another to help return to a state of peace or open their minds to greater possibilities within the collaboration.

### Example Questions:

- What value is or is not being honored?
- What do I most appreciate about what we've done together?
- Does money play a part in this situation?
- Is it time to redefine or redirect our work together?
- Can I see this from another angle?
- Invite being together in silence for a few minutes
- How have we become better versions of ourselves because we have been doing this work together?
- Is there anything we need to say that we haven't said to one another?
- How can I/we learn and grow from the situation?
- Is where we are good? Life-supporting? Is anything missing?
- What are you feeling right now?
- Shall we take a few deep breaths together to get centered?
- Is there an expectation that is not being met?
- Should we take a walk, do something physical?
- What's most important?
- What is working well? How can we build on that or turn the volume up?



### Questions for Peace & Possibility

#### Step 1

In many legal situations a person's fate is often decided by a judge that they've never even met. But imagine if you could pick the perfect third party mediator to help you to get through a difficult spot. Who would that person be? What would they say to you? What kind of energy would they bring to the room?

Picture in your mind's eye someone you greatly admire, dead or alive, who would have the wisdom and foresight to ask you the perfect questions. Questions, or even statements, that you might need to answer in order to return to a good place or elevate the relationship or the work to another level. It could be Buddha, your grandmother, Christ, Gandhi, Mother Theresa, an innocent child, your spirit guide, an angel, your best friend, or a combination of all these put together. Picture this person or people in your mind. Imagine they are sitting around a campfire with you, sharing their wisdom. If you are doing this exercise with another person or people, share whom you've chosen and why.

#### Step 2

Take 5 minutes to write as many questions or statements that come to mind as you think from the perspective of your perfect third party mediator(s). If you were having your worst day, swirling in a cyclone of stressful thoughts, what would that person be asking to pull you back to a centered place? How would they invite you to see the other person involved in the stress? Write at least 5 questions that will bring you back to peace. Now imagine what they would ask you to open new possibilities or great collaboration. Write 5 questions that will engage more connection and action through the lens of what you value, both individually and collectively.

#### Step 3

Now it's time to share the questions with your partner(s). Notice which questions and statements, shared by others, resonate with you. Feel free to write down other people's questions for your own document.