

# Wild Cards!

**By the time we reach midlife, it's common to feel as though we have lost touch with ourselves, our life direction and even our own dreams.**

The wild cards serve as prompts to help you initiate a discussion with yourself and find a way back "home." Use the cards for meditation, for journaling or in any other self-reflective process you like. When you direct your attention inwards, you begin to receive answers, and new possibilities begin to appear.

You can also use the cards for shared reflection with a friend.

I suggest you select one card once a day—or whenever you feel like it. Shuffle the cards and pick your question. Create a peaceful space for writing or reflection, for example by lighting candles, putting on music you love or even making yourself a cup of tea. Turn your attention inward. Don't try to force the answers, allow them to come up or you. Even if you don't journal, you might find it helpful to write down what comes to you, for later reflection. Remember to write the date so you have a point of reference later!

**Let your dreams run wild,**

*Sheree*






**What is my best quality?**  
What are two more?

**FORK IN THE ROAD**  
with sheree clark



**What one thing could I let go of that no longer serves me?**

**FORK IN THE ROAD**  
with sheree clark



**What secret am I keeping that I don't want anyone to know?**  
How is it affecting me?


**FORK IN THE ROAD**  
with sheree clark



**What am I most looking forward to this year?**  
Why is it important to me?



**FORK IN THE ROAD**  
with sheree clark



**How do I show love to myself?**  
To others?



**FORK IN THE ROAD**  
with sheree clark



**Why am I doing the things I am doing right now?**



**FORK IN THE ROAD**  
with sheree clark






**What is the most courageous  
thing I have done?**

How did it make me feel?

**FORK IN THE ROAD**  
with sheree clark



**If I had a magic wand,  
what would I change  
about my life?**

**FORK IN THE ROAD**  
with sheree clark



**What would happen if  
I didn't try and control  
my future?**

**FORK IN THE ROAD**  
with sheree clark



**What kinds of people  
or situations do I seem  
to attract?**

Why do I think that is?

**FORK IN THE ROAD**  
with sheree clark



**What is my biggest fear?**  
How is it holding me back?

**FORK IN THE ROAD**  
with sheree clark



**What am I thankful  
for right now?**

**FORK IN THE ROAD**  
with sheree clark





**What is my biggest dream?**

What one step can I take today to get closer to the dream?



**What are my three most important values?**

Do my day-to-day decisions reflect those values?

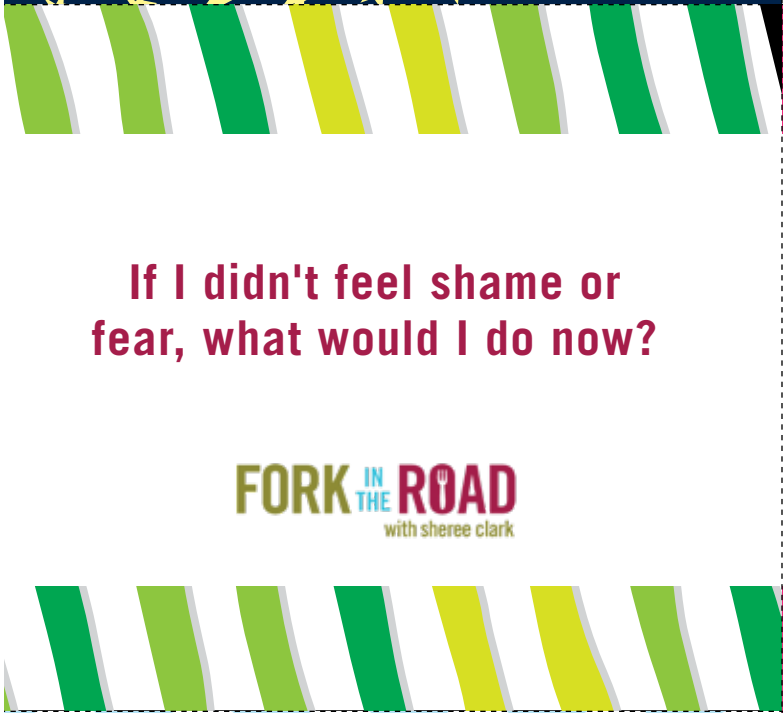


**If I didn't feel shame or fear, what would I do now?**



**What am I avoiding?**

What is the avoidance possibly costing me?



**What are some of the defining moments that have shaped my life?**



**What would I do if I had enough time?**

What do I do when I have time?

