

**PASSION**

**2.3 TREASURE HUNT  
FOR GOLDEN MOMENTS**

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What has touched you deeply in the past?

What is the nicest thing somebody ever did for you?

Recall a very romantic experience.

What is your most beautiful or happiest memory of a trip or holiday?

Let a memory of a miracle or a wonderful event come up.

Do you have a memory of which you doubt the correctness, but that you cherish anyway?

Think of a favourite object/piece of clothing/house/spot/picture and evoke the story that is attached to it.

What is the best you ever tasted, smelled or sensed?

Look back at a moment in which you made a decision that afterwards has proven to be very important.

What has made you intensely happy?

What is your softest/smallest/dearest/most pleasant memory?

Have you ever been supported just at the right moment?

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Can you remember a beautiful conversation?

What was the most beautiful moment today?

Can you recall a moment in which you realized you had a certain power or strength?

Can you remember a moment in which you could feel that you were on the right track?

Think of a moment in which you shared in the happiness of someone else.

What fear did you overcome gloriously?

Do you have a secret only you know?

Which beautiful memories come to the surface while you have a glance at your diaries or photo albums.

Do you have a desire nobody else knows about?

What was a clarifying and healing insight or an important discovery for you?

Can you remember a beautiful conversation?

What is your most beautiful memory of giving something to someone or doing something for someone?

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Which memory would you never want to lose?

Think of a future memory you could create right now.

Think back to a wonderful time that gave you pleasure.

What is the most beautiful thing or sight you ever saw?

Mention a moment in which you were extremely lucky.

Make up a memory you would have liked to have had or which you cherish.

Have you ever been exceptionally happy in the past?

Did you ever have the experience of an amazing finding or invention?

Recall an intense sense of beauty.

Let a memory of love, intimacy or peace come up.

Think back to a moment of forgiveness.

Recall a secret sense of satisfaction you had almost forgotten about.

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Let a beautiful memory come to the surface, one you have never shared with anyone else before.

Do you have a sign on your body you are proud of and that brings back beautiful memories?

Do you have a beautiful memory that brings back feelings of blissful nostalgia?

Of whom do you have a nice memory?

Think of something that happened to you and that only you know about.

Recall a moment in which you were totally absorbed and which you fully enjoyed.

Think back of a moment in which you radiated joy, shined and could truly show yourself.

Which smells bring back wonderful memories?

Can you recall moments in which you were very proud of yourself?

Think of someone/ something you miss dearly.

When were you extremely in love for the first time?

What was your most amazing night dream?