



## **An Inquiry into “Aha” Moments or Epiphanies**

*Use this RMCPG interview to learn about your friends, family and colleagues...or just explore and grow your own moments of sudden realization, inspiration, insight or comprehension.*

1. We all have times in our lives we might call “aha” moments or epiphanies. Issues we’ve been dealing with become crystal clear or amazing ideas seem to pop out of thin air. Suddenly, the answer is at hand. Think about a time when you have had an “aha” moment or epiphany. It may have been a simple idea that came to you recently or a profound truth that transformed your life.

- Where were you?
- What was it about the setting that encouraged your creativity or clarity?
- Who was with you? How did they support your thought process?
- What about you supported your ability to see so clearly?
- What were you able to do with your ideas and how did that affect you and those around you?

2. How do you feel in your “aha” moments? What do you most value about them?

3. Given all that you learned in Questions 1 and 2, how might you create fertile ground for more frequent or bigger and bolder epiphanies in your life? What one change will most strengthen your creativity?

4. Take a moment to imagine what the world would look like if we all leaned into our “aha” moments or epiphanies... what do you see?