

TABLE OF LIFE

A REFLECTION FOR EVERY JOURNEY IN EVERY SEASON OF LIFE

By Ana-Paula Dumont



THE PAST YEARS

Reflection Prompts

Moments and Memories

- What is one moment from the past years that you never want to forget?
- What simple, ordinary day from the past years turned out to mean more than you expected?
- Who surprised you by showing up in your life over the past years, and how did they make a difference?

Growth and Change

- In what ways are you different from who you were a few years ago?
- What challenge stretched you the most, and what did it teach you about yourself?
- What have you learned over the past years that you want to carry forward?

Gratitude and Grace

- Who or what carried you through the difficult moments?
- What is one thing you are grateful for now that you didn't have in years past?
- What mistakes or setbacks helped you grow?

Letting Go and Moving Forward

- What are you ready to release and leave behind from the past years?
- What story about yourself are you ready to rewrite?
- If you could speak to the you from a few years ago, what would you say?

THE PRESENT MOMENT

Reflection Prompts

Noticing Today

- What is one small thing around you right now that you're grateful for?
- How does your body feel in this moment? What is it telling you?
- What sights, sounds, or smells bring you comfort right now?

Understanding Yourself

- What does "enough" feel like to you today?
- What are you most proud of in who you are right now, not who you were or want to be, but who you are today?
- In what ways are you already living the life you once hoped for?

Finding Presence in the Ordinary

- What part of your daily routine feels special, even if it seems small?
- Who or what brings light into your life right now?
- How do you show love to yourself and to others in small, simple ways?

Grounding Yourself

- If you paused for a deep breath in this moment, what would you want to say to yourself?
- What is one thing you can do today to nurture your heart?
- What helps you stay present when everything around you feels chaotic, and your mind keeps drifting away from the moment?

WRITE YOUR TABLE STORY HERE

THE MEASURE OF A LIFE

Reflection Prompts

- What does it mean for you to truly live your life?
- What legacy do you hope to leave at your Table of Life?
- Where in your life are you merely existing, and where are you truly living?

THE GRATITUDE LETTER EXERCISE

A few prompts to help you begin your Gratitude Letter:

If you're writing to a person:

- What did they do, or how did their presence make a difference in your life?
- What moment or memory stands out when you think of them?
- What do you wish you could say to them if you had one more conversation?

If you're writing about a moment:

- What happened that, at the time, felt ordinary but now feels sacred?
- What did this experience teach you about yourself or life?
- How does this memory remind you of what truly matters?

If you're writing to yourself:

- What are you most proud of in how you've grown?
- What would you tell your younger self who didn't yet know how things would turn out?
- What do you forgive yourself for?
- What promise do you want to make to yourself moving forward?

LOOKING AHEAD, THE LIFE YOU WANT TO BUILD

As you continue through the pages ahead, use the prompt questions and the following chapters, which I call "tables," as a guide to help you gain clarity, uncover new possibilities, and create a path forward with purpose and intention.

Ask yourself:

- What truly matters to me as I step into this new season?
- How do I want to spend my time moving forward?
- What is one small step I can take today toward the life I envision?

THE TABLE OF LEGACY

Reflection Prompts

- What stories do you hope others will tell about you one day?
- What kind of energy do you bring to the tables you sit at?
- Is there a small act of kindness or truth you can share today that might become part of someone else's story?
- How do you want people to feel when they sit at your table?

THE TABLE OF FORGIVENESS

Reflection Prompts

- Who do you need to forgive to free your heart, even if it's yourself?
- What story from your past still holds pain that you're ready to release?
- How would your life feel different if you stopped replaying what went wrong and started embracing what you learned?
- Can you remember a time when someone forgave you, and how that act of grace made you feel?

THE TABLE OF FAITH AND BELIEF

Reflection Prompts

- When has life asked you to believe in something you couldn't see?
- When have you felt truly seen, not for how you look, but for who you are?
- How would your days change if you trusted that every step was leading you to where you were supposed to be?
- What might you notice today if you looked with your heart instead of your eyes?

THE TABLE OF DREAMS

Reflection Prompts

- What dreams have guided your steps, even when the path felt unclear?
- Can you remember a time when hope kept you company in a difficult season?
- What tables, friendships, moments, and places helped shape the person you are becoming?
- How might you dream now, not from fear of what's missing, but from gratitude for what's possible?

THE TABLE OF TIME

Reflection Prompts

- What parts of your life have been asking for more of your time?
- Are you managing your time, or has time begun to manage you?
- What small habit could you try today to create more space for connection?
- How can you be more present with your loved ones before time asks for it back?

THE TABLE OF OPPORTUNITIES

Reflection Prompts

- What opportunities has life placed before you that you've been too busy or afraid to accept?
- Which "trains" have already left your station?
- Is there an invitation, big or small, waiting for your yes right now?
- How might your life be different if, from now on, you saw every day as an open door instead of a closed schedule?

THE TABLE OF ENCOUNTERS AND THE TABLE OF STILLNESS

Reflection Prompts

- Who have you met on your path who changed the direction of your journey, even if only for a moment?
- Can you recall a time when stillness, not action, gave you the clarity you needed most?
- What would happen if you trusted the pauses in your life as much as the progress?
- Is there someone you once met by 'chance' who may have served as a bridge toward where you were meant to go?

THE TABLE OF WITHIN

Reflection Prompts

- When was the last time you looked in the mirror and saw not who you've been, but who you're becoming?
- Think about a moment when life closed a door, and you thought it was over. What did you learn about your strength in that space between endings and beginnings?
- You've spent years giving as a parent, a partner, a friend. What would it look like if you gave that same care and patience to yourself?
- When you quiet the noise of doubt, what does your heart whisper back to you?
- What story about yourself can you tell, one written not from what broke you, but from what rebuilt you?

THE TABLE OF INCLUSION

Reflection Prompts

- Who in your life might still be waiting for an invitation to your table, literally or figuratively?
- Think of a time someone made space for you. What did that act of inclusion feel like?
- What invisible lines might you soften or erase to create wider circles of belonging?
- If your life were a table, who's sitting there today, and who would you love to see join?
- How can your table, whether it's your home, your work, or your heart, become a closer reflection of heaven on earth?

THE SCIENCE BEHIND THE TABLE

Reflection Prompts

- Can you remember something you once imagined or wrote that later came true?
- How do your thoughts and emotions shape the energy you bring to your day?
- What dream could you start acting as if it were already on its way?
- How might you change your inner language to attract more of what you want instead of what you fear?