

7 QUESTIONS

TO JUMPSTART YOUR TRANSFORMATION

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QUESTION 1

Where am I right now?

This could be a question of location - maybe you are in your room or sitting in a coffee shop. When we are feeling flustered and overwhelmed, pausing to take in our physical location and noticing sights, sounds, and smells is a great way to ground ourselves.

But take this question a little deeper.

Where are you *in life* right now - right here, in this moment? Pause... Check in with yourself. How are you feeling? What are you feeling good about? What are you worrying about? What thoughts are running through your mind?

JOT SOME THOUGHTS





QUESTION 2

What opportunities are available to me?

Take a moment and let your mind wander. Allow yourself to look at your life from different angles.

From this space, what is available to you that will contribute to your highest good? Where are the chances for you to make positive choices? What positive things are happening to you?

JOT SOME THOUGHTS





QUESTION 3

What challenges am I facing?

You've taken a look at the opportunities that are available to you. Let's take a deep breath and look at the challenges.

From this space, what is causing you to feel less than good? Where in your life are you feeling pressure? What's not going well or detracting from your highest good?

JOT SOME THOUGHTS





QUESTION 4

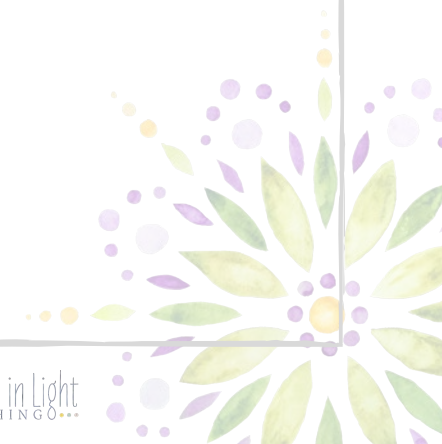
Where do I fear ending up if nothing changes?

At this point, you've really looked at your life - you've reflected on the good parts and the challenging parts.

Now PAUSE.

What if your life was exactly the same as it is right now... forever. How would you feel about that? If you never overcome your challenges or capitalize on your opportunities, where will you end up? What will your life look like then? What emotions rise up in you as you think about these things?

JOT SOME THOUGHTS





QUESTION 5

What has past experience told me about my future?

Our lives are unique - shaped by numerous stories, events and experiences. Out of these pieces, we consciously and subconsciously form our beliefs. Since none of know exactly what the future will hold, we use our past to predict what could happen.

What do you believe about your future? How have past experiences shaped that belief? Do you feel like your future is already written? Are you happy about that? Do you feel like your future can look different than your past?

JOT SOME THOUGHTS





QUESTION 6

What do I long for?

Longing is not a word that we use in our modern culture. We're comfortable with wanting and needing and desiring, but what about longing? Longing wells up out of the deepest part of our heart. We are keenly aware that the things we long for are absent in our life. We hold on to our longing because of the hope of what our life will look like when the thing we long for becomes reality.

What are you longing for? What do you want in the deepest core of your being? What is that sweet thought of longing that passes through your mind just before you fall asleep at night? Do you have a picture of what your life would look like when your longing is met?

JOT SOME THOUGHTS



QUESTION 7

What's stopping me from having what I want?

When we take the time to slow down and tune into our Self, things become clearer; our awareness and intuition are heightened.

Do you have a sense of what is holding you back? What are the external barriers that block your path? What internal thoughts, feelings, beliefs are keeping you from moving forward? What is standing between you and what you long for?

JOT SOME THOUGHTS





BONUS QUESTION

Is this a time for Action?

Transformation is a journey. It begins the moment you commit to pursue the life you long for. You may not have a vision - yet. You may not be sure how to get unstuck - yet. You may not feel like you can overcome your past - yet.

But are you willing to take the first step?

Are you willing to pursue your own healing and wholeness?

Are you ready to create your future?

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