

Powerful Questions:

1. What would have to change for you to feel you are *fully living life*?
2. If you knew you could not fail, what would you do/change/try?
3. How would others notice that this change had happened?
4. What do you think you are secretly afraid of? What's getting in the way for you?
5. What is the benefit of this problem?
6. What can you learn from this situation?
7. In what way is the current situation helpful, positive, or good?
8. Is now the right time for you to make a commitment to achieving these goals?
9. What's one small step you could make towards achieving your goal?
10. What is the biggest advantage of making this change?