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| Blog -  August 13, 2019 |  | **Better Questions**  **Worksheet** |  |  |  |

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| **What’s Something You Want to Work On?** | **What’s Something You Could do that might advance your cause?** |
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| **List 3 Objections that you have to taking the action that you just identified** | **What are some questions that you might be asking yourself that hold you from taking action?** |
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| **What are some new questions that would open up space,**  **challenge your assumptions, and point you towards a potential next step?** |
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|  | **Example One** | **Example Two** | **Example Three** |
| **What’s Something You Want to Work On?** | I want to lose 20 pounds | I want to get a new job that brings me joy | I want to find the love of my life and get into a long-term relationship. |
| **What is some action you “could” take?** | I could get on a routine of going to the gym 4 days each week. | I could start applying for new jobs. | I could join an online dating service. |
| **What are your objections this?** | 1 – I never stick to workout plans. I always quit  2 – I don’t have time to work out  3 – I hate going to the gym. | 1 – I’ll never find a job that pays this well.  2 – I don’t even know what I want to do.  3 – I’m not qualified to do anything worthwhile | 1 – I’d be embarrassed about using an online service  2 – I’m terrible on first dates  3 – I don’t want to get hurt when it doesn’t work out. |
| **What are your disempowering questions?** | Why would I bother if I’m just going to quit?  How could I possibly squeeze anything else into my schedule?  Why would I subject myself to activity that I hate? | How will I ever find a job that pays this much that is aligned with my passion?  What else would I do if I wasn’t doing this job?  Who would possibly pay me to do to that??? | Why would I stoop to such a low level as to rely on a dating service?  Why would I subject myself, let alone someone else, to my boring personality?  Why would I risk rejection or risk getting hurt? |
| **What are some empowering alternatives?** | How could I design a program that is modest enough that I could pull it off for 3 months?  What activities could I cut back on or eliminate to free up 3 hours per week?  What physical activity do I actually enjoy doing? | How much money do I really need to earn to be happy?  How could I start a side hustle that moves me in the direction of my passion?  Who could I talk to that might have some ideas for different career paths? | How could I reframe this as an experiment that doesn’t feel as risky?  How many dates would I be willing to try before deciding this isn’t for me?  Is there anyone else in my life who might be willing to join me on this dating adventure? Maybe we could commiserate together? |

Tips:

1. Design questions that reframe the problem in a more positive light.
2. Design questions that leverage the resources around you, like other people who are supportive.
3. Design questions that point you to really, really small next steps. No step is too small!
4. Design questions that will teach you something. Come from a place of curiosity.
5. Design questions that you’d be excited to answer. If it isn’t fun, it isn’t going to work.