

The Hero's Sherpa

Powerful Questions: Create Your Change Story¹

Where Are You Going? What Is Your Change?

- *What do you love about the way things are now?*
- *What makes your heart sing?*
- *If you were able to erase all of the obstacles, what would you be doing (or what would life be like) tomorrow?*
- (Invite your client into an experiment. If she agrees, invite her to close her eyes.) *Imagine that you are living in that ideal future:*
 - *What is that like for you?* (Wait until she answers fully.)
 - *What are you feeling?* (Wait until she answers fully.)
 - *If you look around, what do you see?* (Wait until she fully answers.)
 - *What do you hear?* (Wait until she fully answers.)
 - *What are you feeling in your body?* (Wait until she fully answers.)
 - *Where are you feeling that?* (Wait until she fully answers. You may repeat the previous question and this one more than once if you sense that the client has more to say, or is working to go more deeply.)
 - *What would be a 12 on a scale of 1 to 10 for achieving that vision?*
 - *What needs to happen in order to achieve that?*
 - *Who do you need to be in order to achieve that?*
 - *What would you do if you know you could not fail?*

The Importance of You in Your Change Journey

- *How do you generally approach big changes in your life?*
- *How has that worked for you in the past?*
- *What has worked well?*
- *What has not worked well?*
- *Sometimes life gives us lemons. What do you generally do when that happens to you?*
- *How present do you feel you generally are with what is going on around you?*
- *How present do you feel you generally are with what is going on inside of you?*
- *How do you separate your work and personal lives?*
- *How do you integrate your work and personal lives?*
- *What is preventing you from living the life that you want?*
- *What are you willing to do to live into the life that you want?*
- *How do you make a decision when you are faced with (two good choices or two bad choices)?*

¹ These questions are intended as examples. They may or may not be appropriate in a specific situation.

Change Isn't a Solo Journey

- *Who are the people whose support is critical to you on this journey?*
- *How fully aware are they of the journey you are undertaking?*
- *Where are they currently in terms of the support that they are providing?*
- *Who are the people who you will need to leave behind when you undertake this journey?*
- *How fully aware are they of the journey?*
- *How are people challenging your thinking?*
- *What is the most important thing you can do regarding the people in your life other than yourself who affected by this change?*