

# The Hero's Sherpa

## Powerful Questions: Take the Journey<sup>1</sup>

- What does balance in your life look/feel like?
- What are you doing to maintain balance in your life?
- What permission do you need to grant yourself in order to move forward on your change journey?
- How are you continuing to ensure that your journey is aligned with your change story?
- What “bright, shiny objects” are trying to lure you away from the path you are on?
- How are you avoiding being attracted by those bright, shiny objects?
- What steps are you taking to avoid being overloaded by all of the change – and other – demands on your plate?
- What are you doing to celebrate that achievement?
- What did you do to celebrate that mistake?
- When you talk about that, where do you feel that in your body?
- What does it feel like?
- What will it be like for you if you don't have the courage to take the next step?
- What will it be like for you if you don't maintain the discipline you need for success?
- What have you done in the past to ensure that you maintain adequate discipline to be successful?
- How are you ensuring that what you are focusing on is based on its importance to your change, rather than just on urgency?
- How are you showing up for others?
- In the conversation that you are describing, what was not being said?
- What are you doing for self-care?
- Where is your sanctuary?
- When was the last time you really laughed?
- You talk about “slowing down” or “taking time off” from your change journey. What are you going to do while you are on this change plateau that will help ensure your success moving forward?
- How effectively are you communicating to others about the change?
- Who do you need to enlist to support you on this change?
- How/when will you enlist them?
- What is the best way for you to work your plan?

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