

Areas of Discovery Through Questioning and Curiosity

The following is a list of areas of discovery with some sample questions that can help you learn more about yourself. They can also be employed in conversations with colleagues, team members and people in your personal life to help them get clarity around what is important to them.

The areas of discovery include:

- Vision and Purpose
- Personal and Professional Needs
- Focus and Options
- Accountability and Responsibility
- Beliefs and Perspectives
- Awareness
- Strengths and Weaknesses

Vision and Purpose

- What is important to you?
- What motivates you?
- What are your goals?

Personal and Professional Needs

- What is preventing you from achieving your goals?
- How can you bridge your skills gap to achieve your goals?
- What resources do you have available?

Focus and Options

- How have you successfully dealt with similar situations?
- How do you generally react to challenges or setbacks?
- What is the impact of not achieving your goals?

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Accountability and Responsibility

- How do you prefer to be held accountable?
- What are the first steps to achieve your goal?
- Who can you ask to be your accountability partner?

Beliefs and Perspectives

- What assumptions are you making about the current situation?
- What advice would you give someone in your situation?
- What beliefs are limiting your ability to achieve your goal?

Awareness

- How are you or how do you want to be viewed?
- How do you define success for yourself?
- How are you contributing to the current situation?

Strengths and Weaknesses

- What skills do you bring to the situation?
- What areas need to be addressed to meet your goals?
- What do you know to be objectively true?

These are just a few areas of discovery and some sample questions that can be used introspectively or with others. These will demonstrate your curiosity and are posed as “clean” question format. These are universally applicable areas that connect with your personal or professional life.