

Sample Inquiries

Inquiries are powerful questions that are used to keep the client in a learning and discovery mode between sessions. They are usually positioned at the end of the session.

Set Up/Beginning Inquiry

- What do I want? (Practice wanting)
- What is it to have a full, rich life?
- What am I tolerating?
- Where am I not being realistic?
- What is integrity?
- How do I operate?
- What is it to live in alignment with my values?
- What is it to be powerful?
- What is it to be present?
- What is my prevalent mood? Is that a habit?
- What is choice? What is it to choose?
- Where do I give myself permission to not honor my word?
- What is the difference between a wish and a goal?
- Am I being nice or am I being real?
- What am I doing to avoid feelings? (Alcohol, food, work, etc.)
- Where is my attention? (On self, others, work, day-dreams, my vision, my values, complaints, etc.)

What Works/Positive

- What keeps me going?
- What is working?
- What frees me up?
- What is it to be prosperous?
- Where am I too hard on myself?
- What is present when I am at my best?
- Where am I the solution?
- What is grace/enthusiasm/prosperity/abundance?
- What is it to be proactive?
- What is it to be centered/optimistic/supportable/non-attached?
- What is it to be in the flow/fluid/flexible?
- What is it to be compassionate?
- What is completion? Where am I incomplete?
- If I only have my attention on producing the result, what would I have to give up?
- Why am I taking this action?

Motivational

- When am I unable to laugh at myself?
- What do I have to give up to reach my goals or be a “10?”
- What do I choose in any given moment?
- What is the distinction between feeling good and fulfillment?
- Great goals are compelling; vaguely conceived goals are vaguely manifested — what type are my goals?
- What am I building? (Cathedral or block of stone?)
- What am I becoming?
- What is ownership?
- What is it to be undaunted?
- Who I am is who I say I am — Who am I this week?
- What is it to allow or include?
- What is it to be creative?
- What are powerful questions I can ask myself each morning?
- What is it to be tenacious/persistent?
- What flag am I bearing?
- What is it to be a leader/powerful/resilient/resourceful/empowering/determined?
- What pain do I notice in the people around me?
- What is it to come from my heart?
- How have I withheld myself from life?
- Is what I am doing right now life affirming or life numbing?
- What is it to be intuitive?
- What is it to be focused?

Stopped/Blocked Client

- What is the Lie?
- What am I resisting?
- If I am at my best, what would I do right now?
- Where do I give my power away? To whom? When?
- What are my false assumptions?
- What/where do I pretend? (to know/to not know?)
- What do I need to “let be”?
- What is needed or wanted in this situation?
- What is it to be exceptional?
- What will I gather evidence for this week?
- What is it to generate or cause?
- What are my wants versus my “shoulds”?
- Where am I an automatic NO/YES?
- Where do I limit myself?
- What are other possibilities?
- Where am I too comfortable?
- What is it to move toward the fear?
- What is it to “lean into” it?
- Where am I selling out on myself?
- What ELSE can I do to honor my values?
- What request(s) can be made to unstick me?
- What is the powerful interpretation?
- Where am I uncompromising? Where am I too flexible?
- What does _____ cost me?
- Where do I hold back?

- What am I withholding?
- Where/what am I unwilling to risk?
- What is it to surrender?
- Where am I suffering?
- What will free me up?
- What are my assumptions?
- What are my expectations?

Pleasure/Fun/Light

- How can I pamper myself today?
- What is it to be grateful?
- Who can I make smile/laugh today?
- What will recharge my batteries?
- What is fun?
- How can I contribute to my reserves of fun, leisure, centeredness, balance, resourcefulness, patience, etc.?
- How can I have this be easy?
- Who can I get to play with me on this project?
- What is it to be tickled?
- What is grace/serenity?
- What makes me laugh? What makes him or her laugh?
- Do I choose heavy or do I choose light?
- Since I am going to do this anyway, do I choose to have it be enjoyable, neutral, hard or fun?
- What can I do to my physical environment to have it nurture me/lighten me up/empower me/etc.?
- What is fulfilling, what feels good and so what?
- What is pleasure?
- What acknowledgment can I give myself today?
- What is kindness?
- What is it to go softly into life?
- What is abundance?
- How can I have this be playful/light?
- How can I double my vitality?
- What do I need to give myself permission to do today?
- When will I take a break today?
- What thrills me?
- What is it to be awed?
- What is it to be generous?
- What is it to be considerate?
- What is it to be gentle with myself?
- What is it to savor?
- What am I grateful for this morning/afternoon/evening?

Provocative

- What do I regret/resent?
- What am I unwilling to change?
- Where might I be in denial?
- What am I overlooking?
- Where am I taking my foot off the gas?
- What is the decision I have been avoiding?

- Where do I stop short?
- What is a big enough game?
- What have I wanted to do and haven't?
- What keeps me from winning/succeeding?
- Where have I denied myself/others?
- Why bother?
- What am I being right about?
- What complaint/fear/bad habit/discomfort can I do something about today/this week/this month?
- Where am I unconscious/asleep?
- What am I settling for?
- Why this goal? Why bother?
- What am I overlooking?
- How do I sabotage myself?
- What is it to transcend my sense of failures/sense of resignation/feelings of "I can't?"
- Where am I selling out on myself?
- What am I uncomfortable about doing that I am unwilling to change/willing to change?
- What am I stepping over?
- What is my reputation?
- What do I expect of myself?

Ending/Completion

- What is it to be complete?
- What's next?
- What territory have I taken?
- How far have I come?
- What are the golden nuggets I am taking away?
- Who have I become?
- What have I built?
- What is the new elevation that I regard my life from?
- What did it take to get here?
- What have I learned about myself?
- What does it take to maintain?
- What are indicators of yellow-alert signals?
- What will keep me on track?
- What is it to be filled with loving kindness?
- What is it to live life fully?
- What is it to love deeply?
- What values require my constant attention?
- What will I be giving away?
- What is my contribution to the world going to be?
- Who did I have to be to reach this place?
- How will I know to ask for support?
- What acknowledgment would I like to give myself?

Homework Assignments

- Forgive yourself once a day.
- Count the number of times a day you notice your Saboteur.
- Be thrilled over little things/three times a day/with THE thing you dislike/the person you dislike.
- Laugh/smile 25 times a day — Identify 25 things that make you laugh/smile.

- Be present for 15 minutes at a time three times a day.
- Identify your 5 most prevalent Saboteur conversations.
- Identify your justifications.
- Identify your expectations.
- Play a bigger game this week.
- Eliminate _____ words from your vocabulary this week.
- Add _____ words to your vocabulary this week.
- Do the hard thing first each morning and after lunch.
- Say no _____ times a day.
- Make _____ mistakes a day, or fail in the attempt.
- Take _____ risks this week.
- Ask _____ people for the business/out for coffee/a date/etc. each day this week.
- Say "So what" _____ times a day.
- Answer the question "why bother" with every new action.
- Count the number of times you speak powerfully.
- Only speak powerfully this week (not positively, powerfully).
- Catch yourself growing (making mistakes).
- Choose what you have in every moment.
- Enjoy two big belly laughs each day.