



EMPOWERING QUESTIONS

1. What do I actually want?
2. What could I try?
3. What else can I do?
4. What am I really afraid of?
5. What am I afraid will happen?
6. Why does that matter?
7. If I did know, what would I do?
8. What's another reason why?
9. What's another way?
10. What is this teaching me?
11. What is this asking of me?
12. How could I make it easy?
13. How could it be simple?
14. How can I make it fun?
15. What can I learn from this?
16. What am I avoiding?
17. What's missing?
18. What's next?
19. What am I done with?
20. What didn't I like about that?
21. Who knows more about this than I do?