

# THE THREE QUESTIONS

X These questions are intended to

↳ LAUNCH THE INWARD JOURNEY

↳ HELP YOU LOCATE YOURSELF

↳ PROMOTE ALIGNMENT

## 1 WHERE ARE YOU?

This is not a geographical location question. It's intended to prompt an emotional response. Use feelings words here: frustrated, powerful, angry, at peace.

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YOUR ANSWER HERE!

## 2 WHAT DO YOU WANT?

Because of the practical nature of life's responsibilities, most of us are disconnected from our desires. This is a question of what it is that calls you forward to a desired outcome.

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YOUR ANSWER HERE!

## 2 WHAT ARE YOU AFRAID OF?

Careful here! It can be tough to admit our fears. But, spoken or not, they often drive our most violent life-reactions. HINT: For most of us, failure most often makes this list.

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YOUR ANSWER HERE!

## FINAL INSTRUCTIONS

x Pace through these questions 1/day for one week.

↳ After **7** days, go back and look for patterns.

x At the end of your second week using the questions, commit to share them with someone **safe**.

↳ Ask for their feedback on what they've heard.

x The Extra Mile → Recruit **3** people to exchange answers with each week.

↳ Hearing other's answers will give you the chance to learn more about how to engage with these questions.