

- WHICH ARE YOU MORE LIKELY TO BE COMFORTABLE WITH?- ORDER OR CHAOS?
- WHAT IS SOMETHING YOU CAN DO NOW THAT YOU COULDN'T DO LAST YEAR?
- CAN YOU ADMIT THAT YOU DON'T HAVE ALL THE ANSWERS?
- HOW WILLING ARE YOU TO ASK OLDER OR MORE EXPERIENCED PEOPLE? FOR THEIR KNOWLEDGE AND ADVICE?
- DO YOU ENJOY ASKING QUESTIONS AND DISCOVERING ANSWERS?
- DO YOU LIKE TRYING OUT NEW WAYS OF DOING THINGS?
- DO YOU FIND YOU ARE TOO BUSY TRYING NEW THINGS TO SPEND TIME SULKING OVER SETBACKS?
- WHAT ARE THE CHALLENGING THINGS YOUR INSTINCTS ARE TELLING YOU TO FACE AND TO DO?
- WHAT IS A SKILL YOU HAVE LEARNED IN THE LAST FEW YEARS?
- WHAT IS SOMETHING YOU DON'T WANT HELP WITH?
- WHAT IS SOMETHING YOU ARE GETTING BETTER AT?
- WHICH OF THESE WOULD YOU MOST LIKE TO DEVELOP IN YOURSELF: HONESTY, PATIENCE OR CHEERFULNESS?
- ARE YOU MORE LIKELY TO REJECT OR FORGET THE DISAGREEABLE EXPERIENCE OR ACCEPT IT AND ENJOY BENEFITING THROUGH THE DISCOVERY OF ERRORS?
- HOW WELL DO YOU DISCIPLINE YOURSELF TO DEVELOP YOUR GIFTS AND TALENTS?
- ARE YOU INTERESTED IN A WIDE VARIETY OF SUBJECTS OR DO YOU FOCUS ON ONE OR TWO AREAS OF INTEREST?
- HOW ABLE ARE YOU TO FOLLOW THE ADVICE AND RECOMMENDATIONS OF OTHERS?
- DO YOU USUALLY REQUIRE A CRISIS TO TAKE ACTION AND GROW IN THE WAYS YOU WANT TO?
- DO YOU EVER FEEL THAT THERE'S SOMETHING YOU'D LIKE TO AND SHOULD BE DOING, BUT YOU CAN'T QUITE PUT YOUR FINGER ON IT?
- WHAT IS YOUR TYPICAL RESPONSE TO A CHALLENGE?
- ARE YOU MORE LIKELY TO HATE ANYTHING DISRUPTING OR THREATENING YOUR COMFORT OR TO ENJOY THE RISK OF THINGS NEVER BEFORE UNDERTAKEN?
- WHAT DO YOU NEED TO DO TO BE IN GREATER HARMONY WITH YOUR LIFE'S PURPOSE?
- WHAT DO YOU CONSIDER THE MOST INTENSIVE SIX MONTH PERIOD OF GROWTH IN YOUR LIFE?
- DO YOU TEND TO HATE ANYTHING THAT THREATENS YOUR COMFORT?
- DO YOU WELCOME CHANGE EVEN WHEN YOU DIDN'T ASK FOR IT?
- DO YOU TEND TO SETTLE FOR THE WAY THINGS USED TO BE?
- WHAT IS ONE AREA OF YOUR LIFE YOU WOULD LIKE TO BRING NEW LIFE AND ENERGY?
- WHAT IS SOMETHING NEW AND GOOD IN YOUR LIFE?
- IS THERE A CHALLENGE YOU'RE FACING THAT YOU'D LIKE SOME HELP WITH?
- WHAT IS YOUR ABILITY TO ADAPT TO CHANGE?
- WHAT IS THE BEST ADVICE YOU EVER RECEIVED? HOW DID YOU RESPOND TO IT?
- WHAT DO YOU WISH TO CHANGE MOST IN YOURSELF?
- ARE YOU ALWAYS ON THE LOOKOUT FOR UNEXPECTED EVENTS AND CONVERSATIONS THAT COULD REVEAL SOLUTIONS FOR CHALLENGES YOU FACE?
- WHAT WAS A TURNING POINT IN YOUR LIFE?
- DO YOU KEEP A DIARY OR JOURNAL OF EVENTS, REFLECTIONS, AND EXPERIENCES?
- IS EXAMINING YOURSELF AND YOUR LIFE A DAILY HABIT?
- WHAT IS SOMETHING YOU USED TO NEED, BUT DON'T NEED ANYMORE?
- DOES THE FEAR OF CONFLICT EVER KEEP YOU FROM GROWING?
- WHAT IS A PERSONAL QUALITY THAT YOU DON'T WANT TO CHANGE OR LOSE?
- WHEN WAS A TIME YOU CHANGED IN ORDER TO PLEASE ANOTHER PERSON OR GROUP AND WERE GLAD YOU DID?
- WHEN WAS A TIME YOU CHANGED IN ORDER TO PLEASE ANOTHER PERSON OR GROUP AND DIDN'T LIKE BEING THAT PERSON?
- WHAT IS A WAY YOUR PERSONALITY HAS CHANGED FOR THE BETTER?
- WHAT IS THE PERSON YOU WANT TO BE FIVE YEARS FROM NOW?
- WHAT HAS BEEN A RECENT IMPORTANT CHANGE IN YOUR LIFE?
- WHAT IS SOMETHING YOU ARE GETTING BETTER AT?

- WHAT IS AN ABILITY YOU'VE RECENTLY DISCOVERED?
- WHAT OPPORTUNITIES HAVE YOU WRITTEN OFF AS DEAD?
- WHAT ARE SOME THINGS THAT YOU AREN'T DOING THAT YOU WOULD LIKE TO START DOING ?
- WHAT ARE SOME THINGS YOU'VE NEVER DONE BUT WOULD LIKE TO TRY JUST ONCE?
- DO YOU CONTINUALLY SEEK NEW SOLUTIONS FOR RECURRING OLD PROBLEMS?
- DO YOU USUALLY FACE EACH DAY'S PROBLEMS ONE AT A TIME OR TRY TO TACKLE THEM ALL AT ONCE?
- HOW WILLING ARE YOU TO CHANGE THE WAY YOU'VE ALWAYS DONE SOMETHING?
- WHAT ARE SEVERAL ACTIONS YOU KNOW YOU SHOULD TAKE? WHAT'S BEEN KEEPING YOU FROM TAKING THEM? WHAT WILL YOU LOSE BY TAKING THEM? WHAT WILL YOU GAIN?
- HOW GOOD ARE YOU AT REALIZING YOU'RE IN A RUT AND GETTING OUT?
- ARE YOU ABLE TO COPE WITH CHALLENGES AND NOT BE IMMOBILIZED BY THEM?
- ARE YOU GENERALLY OPEN TO NEW IDEAS AND DIFFERENT WAYS OF DOING THINGS?
- DO YOU EVER FIND THAT WHEN LOOKING AT HOW FAR YOU HAVE TO GO IT HELPS TO LOOK AT HOW FAR YOU'VE COME?
- DO YOU LOOK FOR MEANING IN YOUR CHALLENGES AND USE THEM TO YOUR ADVANTAGE?
- DO YOU EVER HAVE THE EXPERIENCE OF BACKSLIDING BEFORE MOVING AHEAD AGAIN?
- DO YOU REGULARLY ASK YOURSELF WHAT HAVE YOU BEEN AVOIDING, HIDING OR RUNNING AWAY FROM IN YOUR LIFE?
- WHAT IS A PERSONALITY TRAIT YOU WOULD LIKE TO CHANGE? WHAT IS YOUR PLAN? WHAT DO YOU SEE YOURSELF HAVING TO DEAL WITH? WHEN YOU REACH IT HOW WILL YOU REWARD YOURSELF?
- WHAT ARE YOUR PERSONAL GROWTH GOALS?
- WHAT IS YOUR GREATEST PRIORITY IN THE AREA OF PERSONAL DEVELOPMENT?
- DO YOU WELCOME OPINIONS THAT CHALLENGE YOURS AS A DOORWAY TO A NEW LIFE?
- WHILE REACHING FOR NEW POSSIBILITIES IN YOUR LIFE DO YOU ALSO KEEP YOURSELF GROUNDED?
- HOW WELL DO YOU DO ON BITING OFF MORE THAN YOU CAN CHEW?
- ARE YOU MORE LIKELY TO AGONIZE OR ORGANIZE?
- ARE YOU ABLE TO ENJOY THE PROCESS OF GROWTH AS WELL AS THE OUTCOME?
- HOW WELL DO YOU TAKE EXPERIENCES THAT BEAT YOU DOWN AND TURN THEM INTO LIFE-BUILDING ONES?
- IS THERE ANY AREA OF YOUR LIFE YOU ARE AVOIDING GROWING IN?
- DO YOU APPROACH EVERY DAY AS A NEW DAY TO GROW IN?
- DO YOU FEEL THERE IS TOO MUCH, NOT ENOUGH OR JUST THE RIGHT AMOUNT OF CHANGE IN YOUR LIFE RIGHT NOW?
- WHEN LIFE THROWS UP ROADBLOCKS DO YOU TAKE HEALTHY DETOURS?
- WHAT DO YOU FEEL IS THE GREATEST INFLUENCE ON A CHILD'S GROWTH?
- DO YOU USUALLY LEARN THE LESSON IN YOUR MISTAKES?
- HOW WELL DO YOU TURN MEMORIES AND INSIGHTS INTO SOURCES OF RENEWAL?
- IN WHAT WAYS HAVE YOUR FRIENDS ASKED YOU TO CHANGE?
- IN WHAT WAYS HAVE YOUR TEACHERS ASKED YOU TO CHANGE?
- WHEN WAS A TIME SOMEONE TRIED TO CHANGE YOU?
- IN WHAT WAYS HAVE YOUR PARENTS AND FAMILY ASKED YOU TO CHANGE?
- DO YOU USUALLY ACCEPT RESPONSIBILITY FOR DOING SOMETHING ABOUT PROBLEMS AS THEY ARISE?
- HOW HAPPY ARE YOU WITH YOUR INTELLECTUAL SELF; USING YOUR MIND TO IT'S CAPACITY, GROWING IN KNOWLEDGE AND MENTAL STIMULATION?
- DO YOU DRIVE YOURSELF TO BECOME COMPETENT AND INFORMED IN EVERY POSSIBLE WAY?
- WHAT IS SOMETHING YOU KNOW YOU CAN CHANGE?
- WHAT IS SOMETHING YOU KNOW YOU CAN'T CHANGE?
- DO YOU FIND CHANGE TO BE MORE CHALLENGING OR THREATENING?
- WHICH IS A STRONGER FORCE IN YOU?- YOUR SATISFACTION WITH THE PRESENT OR YOUR HOPES FOR THE FUTURE?

- TO WHAT EXTENT ARE YOU TRYING TO CHANGE?
- WHICH IS A GREATER CHALLENGE FOR YOU?-BREAKING A TRADITION OR BREAKING A HABIT?
- DO YOU HAVE THE ABILITY TO ACCEPT CHANGE AS A VITAL FORCE IN LIFE?
- HOW COMFORTABLE ARE YOU WITH CHANGE?
- WHAT IS A SENSITIVE AREA YOU NEED TO WORK ON?
- ARE YOU REALISTIC IN YOUTH GROWTH EXPECTATIONS?
- WHICH LIFE CHANGES HAVE YOU HAD TO ADJUST TO?-NEW SCHOOL, NEW HOUSE, NEW CHURCH, NEW NEIGHBORHOOD, NEW CITY OR STATE, NEW COUNTRY, NEW LANGUAGE, NEW MATE, NEW JOB?
- ARE YOU GOOD AT RECOGNIZING WHAT THE PEOPLE IN YOUR LIFE CAN TEACH YOU?
- WHAT WOULD YOU DESCRIBE AS YOUR LIFE'S "BIG" ISSUE? WHAT WORK ARE YOU DOING ON IT?
- WHAT IS AN AREA IN YOUR LIFE TO WHICH YOU WOULD LIKE TO BRING RENEWED CREATIVE ENERGY?
- DO YOU USUALLY NEED TO SEE THE BIG PICTURE BEFORE YOU CAN MAKE ANY SMALL CHANGE OR ARE YOU ABLE TO TAKE STEPS WITHOUT KNOWING EXACTLY WHERE IT WILL LEAD?
- DO YOU ASK FOR HELP WHEN YOU NEED IT?
- HOW DO YOU FEEL ABOUT THE AMOUNT OF CHANGE IN YOUR LIFE NOW?
- IF YOU COULD RECREATE YOURSELF HOW WOULD YOU?
- WHAT IS A CHANGE OTHERS HAVE ENCOURAGED YOU TO MAKE?
- ARE YOU WILLING TO LEARN NEW THINGS?
- HOW WELL DO YOU ACCEPT CHANGE IN YOUR PERSONAL LIFE? IN THE WORLD?
- ARE YOU USUALLY MORE WILLING TO BE PART OF THE SOLUTION RATHER THAN PART OF THE PROBLEM?
- DO YOU TURN OBSTACLES ALONG THE WAY INTO STEPPING STONES?
- WHICH DO YOU STRIVE FOR MORE- PROGRESS OR PERFECTION?
- HOW ABLE ARE YOU TO CHANGE THE THINGS YOU CAN CHANGE AND ACCEPT THOSE YOU CAN'T?
- ARE YOU MORE LIKELY TO BE OPEN TO CHANGE OR INTO WORKING TO KEEP THINGS THE WAY THEY ARE?
- DO YOU ENJOY WORKING THROUGH CHALLENGES ONE STEP AT A TIME, ONE DAY AT A TIME?
- DO YOU ACKNOWLEDGE YOUR IMPERFECTIONS?
- ARE YOU WILLING TO ADMIT THAT YOU DON'T KNOW THE ANSWER TO A QUESTION?
- DO YOU TAKE A DAILY INVENTORY OF YOUR LIFE?
- HOW EASILY DO YOU MAKE EXCUSES TO NOT GROW?
- ARE YOU ABLE TO COMPLETE PROJECTS THAT ARE UNFINISHED?

GROWTH

BELIEFS

- DO YOU BELIEVE THAT AN ENDING IS REALLY A BEGINNING IN DISGUISE?
- WHAT ARE THE AREAS OF YOUR LIFE THAT ARE NOT WHAT YOU'D LIKE THEM TO BE? WHAT BELIEFS WOULD LEAD TO ACTIONS THAT WOULD CHANGE THEM?
- WHICH DO YOU BELIEVE IS MORE IMPORTANT?- TRADITION OR CHANGE?
- DO YOU BELIEVE THAT THE EXPERIENCES AND EVENTS OF YOUR PAST COMPLETELY DETERMINE THE PRESENT AND YOUR BEHAVIOR IN IT AND SO GROWTH AND CHANGE ARE IMPOSSIBLE?
- DO YOU BELIEVE THAT YOU SHOULD NEVER PUT OFF TILL TOMORROW WHAT YOU COULD DO TODAY BECAUSE TOMORROW NEVER COMES?
- DO YOU BELIEVE THAT MOST GROWTH IS GRADUAL AND CONTINUAL? DO YOU ACCEPT THIS ABOUT YOURSELF?
- DO YOU BELIEVE IN AND USE AFFIRMATIONS TO HELP YOU REACH DESIRED GROWTH?
IF SO, WHAT HAVE BEEN SOME OF THESE AFFIRMATIONS? HOW SUCCESSFUL HAVE THEY BEEN AS AIDS IN YOUR PERSONAL DEVELOPMENT?
- DO YOU BELIEVE IN AND USE VISUALIZATION TO HELP YOU REACH DESIRED GROWTH?
IF SO, WHAT HAVE BEEN SOME OF THESE VISUALIZATIONS? HOW SUCCESSFUL HAVE THEY BEEN AS AIDS IN YOUR PERSONAL DEVELOPMENT?
- DO YOU BELIEVE THAT THE WAY YOU ARE IS THE WAY YOU ARE AND YOU WILL NEVER REALLY CHANGE?
- DO YOU BELIEVE IN NEVER SAYING NEVER?
- DO YOU BELIEVE THAT LIFE EXISTS FOR THE PURPOSE OF TEACHING & LEARNING LESSONS?
- DO YOU BELIEVE THAT THE OLD WAYS OF DOING THINGS ARE USUALLY THE BEST?
- DO YOU BELIEVE THAT THE "GOOD OLD DAYS WERE THE BEST"?
- DO YOU BELIEVE THAT THE LESSONS WE FIND OURSELVES TEACHING OTHERS ARE REALLY THE LESSONS WE OURSELVES NEED TO LEARN?
- DO YOU BELIEVE THAT FALLING DOWN IS PART OF ADVANCING FORWARD?
- DO YOU BELIEVE THAT IMPORTANT THINGS TAKE TIME?
- DO YOU BELIEVE THAT LIFES' LESSONS GO ON FOREVER?
- DO YOU BELIEVE THAT LIFES' LESSONS ARE REPEATED UNTIL WE LEARN THEM?
- DO YOU BELIEVE THAT IT IS PRACTICALLY IMPOSSIBLE TO GROW AND CHANGE WITHOUT SOME FEELINGS OF DISCOMFORT?
- DO YOU BELIEVE THAT LIFE IS A PROCESS RATHER THAN AN EVENT?
- DO YOU EVER BELIEVE THAT YOU HAVE ARRIVED?
- DO YOU BELIEVE THAT PROCRASTINATION COMES FROM A FEAR OF NOT DOING SOMETHING PERFECTLY?
- DO YOU BELIEVE THAT ALL DIFFICULTIES EVENTUALLY PASS?
- DO YOU BELIEVE THAT CHANGE IS THE ONLY GUARANTEE IN LIFE?
- DO YOU BELIEVE THAT WE GROW THE MOST IN THE FACE OF OUR GREATEST OBSTACLES?
- DO YOU BELIEVE THAT GOOD COMES FROM FACING CHALLENGES?
- DO YOU BELIEVE THAT THERE ARE NO MISTAKES, ONLY LESSONS?

EXPERIENCES

- WHAT WOULD YOU SAY WAS YOUR MOST GROWING EXPERIENCE?
- WHAT IS SOMETHING YOU JUST LEARNED HOW TO DO?
- WHAT DO YOU CONSIDER THE UNFINISHED BUSINESS OF YOUR LIFE?
- WHAT IS SOMETHING YOU WISH YOU'D TRIED?
- DO YOU TRY TO CHANGE ONE THING A WEEK?
- DO YOU TRY ONE NEW THING A WEEK?
- HOW INQUISITIVE ARE YOU?
- DO YOU PREFER THE DEFINITE OR THE OPEN-ENDED?
- ARE YOU WILLING TO FACE YOUR CHALLENGES EVEN IF ALONE?