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Your Steps to Success



Power Questions to Transform Your Life

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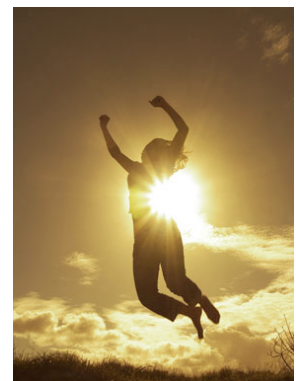
Ask yourself these questions to begin to take control of your life and to reach the next level. Please select at least 20 out of the 39 questions and write your responses down on a separate sheet of paper.

Defining Goals

1. If you were to FULLY live your life, what is the first change you would start to make?
2. What areas of your life could be upgraded/tweaked?
3. What could you work on now, that would make the biggest difference to your life?
4. How could you make this goal more specific or measurable?
5. What would be the biggest impact from achieving your goal(s)?
6. What are you tolerating/putting up with?
7. What do you want MORE of in your life? (Make a list)
8. What do you want LESS of in your life? (Make a list)
9. What are three things you are doing regularly that DO NOT serve or support you?
10. What would you try NOW if you knew you could not fail?
11. How can you make this goal something you're aiming towards, rather than something you're trying to move away from?
12. What do you love?
13. What do you hate?
14. What is one thing you would love to do before you die?
15. For your life to be perfect, what would have to change?
16. What's one change you could make to your lifestyle that would give you more peace?

Action Stations

1. What's the first/next step?
2. What research could you do to help you find the first (or next) step?
3. Who could you talk to who would illuminate this issue?
4. What are three actions you could take that would make sense this week?
5. What will happen (what is the cost) of you NOT doing anything about this?



Gaining New Perspectives

1. What can you learn from your current situation and from taking the next step?
2. How could you turn this around immediately, and enjoy the process?
3. What in this situation can you find to be grateful for?
4. What are you doing well? What can you do better?
5. What's one way you could have more fun in your life?
6. What is the value of your current attitude?
7. What's your favorite way of sabotaging yourself, and your goals?
8. What should someone who cares about you say if they catch you doing this?

General Diagnostic Questions

1. What are three of your greatest strengths?
2. What are you most excited about right now? What are you looking forward to?
3. What's one way to get more energy into your life?
4. If your relationship was IDEAL, what's one thing that would be different?
5. What would be your ideal career — if you could do anything?
6. What's one thing that you could do to give yourself more peace financially?
7. What is your life about? What is your purpose?
8. If you had to guess your life purpose (from looking at your life to date) what would it be?
9. What would you like most to be acknowledged for so far in your life?
10. Who in your life should be acknowledged more?

