

CAMPFIRE QUESTIONS

What business am I in? How is business?

What am I pretending not to know?

What is presently filling my field of vision? (The strongest thing in our lives is what we are looking at right now.)

When have I been at my best in recent days?

What would be the wisest thing to do in this situation?

What would be my best next move in my ...?

Career / marriage / parenting / personal life / friendships / finances / family

What is my greatest hunger these days? How am I attempting to feed it?

What am I grateful for?

Where is my thinking these days? (Assess the presence and strength of the four possible mindsets → magical OR heroic OR resigned OR cynical.)

Who do I need to celebrate?

Why am I doing what I am presently doing?

What do I need to let go of (what am I carrying, hanging on to, seeking to control)?

What do I need to take hold of (what am I avoiding, running from, seeking to escape)?

If my best friend were in my shoes right now, feeling what I am feeling, wrestling with what I am wrestling with, what would I say to my best friend? Would I be kinder to them than I am being to my own self?

What are ten ways I can win this war? (The Churchill Exercise. Every day during WWII, he listed ten ideas on how to win the war. So, what is my war and how could I win it? Churchill's personal secretary saw his job as ensuring that the craziest ideas did not see the light of day.)

What is the good that needs doing in my ... ?

In what ways has my life been a contribution in the past week?

How can I make my life a contribution in the next month?

Who in my life needs an invitation to live? (Sydney Girard – Everyday we are issuing unique and powerful invitations to one another – Invitations to live or to die, to triumph or surrender)

Where is there a broken window in my ... ? (Broken window theory is based on addressing the small things before these things get worse through neglect.)

What do I need to do to move my priority forward?

How can I hustle while I am waiting? (The Edison Pena Discipline – running three to five miles a day to train for the NYC marathon while 2,000 feet underground in a collapsed Chilean mine)

What have I learned this day, week, month – about myself, others, the world?