

THE POWER IN THE QUESTIONS WE ASK OURSELVES

Change the definition of what's possible by adjusting our filter from
'Deficit-Based' to 'Strengths-Based' questions.



DEFICIT-BASED QUESTIONS:

What is wrong with me?
What's wrong with them?
Why aren't they getting it done?
What if they fail?
What if they don't do it like I would?
When will they find out I don't know?
What's wrong with me?
Am I good enough?
Why can't I figure this out??
Can I handle this?
Can they handle this?
How am I being perceived?
Why am I unable to do better?
How can I prove myself?

STRENGTHS-BASED QUESTIONS:

What is the outcome I am committed to?
Where have I been at my best?
I know this stuff, why am I in this state?
Who might I call on for insight or guidance?
What skills do I have that can solve this?
Who do I need to be right now?
What would it take to get this done?
What am I to learn from this situation?
How can I learn to do this?
What if it works?
What would I love?
What skills do I need to thrive?
What strengths do I have to cope with this?
What do I know?