

## QUESTIONS TO JOURNAL & EXPLORE

### Morning Questions

1. Who can I help feel worthy? How can I help myself feel worthy today?
  2. Where can I be supportive? How can I help myself feel supported today?
  3. Where can I help someone succeed? How can I help myself feel successful today?
  4. Who can I help feel special and inspired? How can I help myself feel special and inspired today?
  5. What situations can I help bring clarity to? How can I help myself experience clarity today?
  6. What service can I provide? How can I help myself reach out to others today?
  7. Who needs uplifting and connection? How can I help myself feel uplifted and connected today?
  8. Who needs tenderness and feelings of safety? How can I help myself feel tenderness and safe today?
  9. What situations can I help soften? How can I help myself soften today?
- What am I content or serene about?
    - a. What about it makes me feel content or serene?
    - b. If I'm not content or serene and could be, what *could* I be content or serene about this moment?
  - What am I excited about? (ask both a. & b.)
  - What am I proud of? (ask both a. & b.)
  - What am I grateful for? (ask both a. & b.)
  - What am I enjoying? (ask both a. & b.)
  - What am I committed to? (ask both a. & b.)
  - Who loves me?
  - Who do I love?



### Evening Questions

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|--|--------------------------------------|
| Where did I let myself down today?   | What was beautiful today?            |
| What do I feel guilty, shame, angry, fearful, envious or judgmental about? | What did I give today?               |
| Where do I feel disconnected or lonely?                                    | What did I learn today?              |
| Where did I feel resistant and stuck?                                      | How did I add quality today?         |
|  | How did I invest in my future today? |

### Problem Solving Questions

- 1) What is great about this problem right now? What is a possible opportunity?
- 2) Ask this next question depending on your Enneagram Type, or ask all of them:
  - What is not perfect yet? (Type 1)
  - What is not connected with me or not lovable or worthwhile yet? (Type 2)
  - What is not succeeding or valued yet? (Type 3)
  - What is not inspiring or significant yet? (Type 4)
  - What is not clear yet? (Type 5)
  - What is not definitive, navigable or trustworthy yet? (Type 6)
  - What is not pleasant or energizing yet? (Type 7)
  - What is not safe, fair or in control yet? (Type 8)
  - What is not peaceful yet? (Type 9)
- 3) What am I willing to do right now and in the immediate future to make it the way I think I want it?
- 4) What am I willing to no longer do in order to make it the way I think I want it? What am I willing to surrender and let go of?
- 5) What can I do to enjoy the process while I do what is necessary to make it the way I think I want it?
- 6) What can I do to help myself be more open to whatever may come in the process, particularly if something other than what I think I want transpires?

