

YOUR INNER VIEW

Step 1: Identify the Topic

What is your purpose for seeking clarity at this time?

Step 2: Ask Open-Ended Questions

1. What do you want?

2. What do you hope will happen, and why?

3. What challenges are you facing?

4. What questions do you have?

5. What else is vitally important to you at this time?

Step 3: Explore the Answers

- Think
- Write
- Brainstorm
- Talk to a friend
- Create new questions
- Work with a coach
- Meditate
- Record your ideas aloud
- Keep asking questions