

## Powerful Questions by Co-Active Principle



**Fulfillment** - *Purpose, Values, Meaning, Authentic Self*, What brings joy, Alignment, and Sense of meaning.

<ul style="list-style-type: none"><li>• What is your dream?</li><li>• What gives your life meaning right now?</li><li>• What value of yours feels most alive—or most ignored—here?</li><li>• What are you longing for that you haven't said out loud?</li><li>• If everything worked out perfectly, what would your life look like?</li><li>• What would your 95-year-old self want you to know about this?</li><li>• What would the sassy/know-it-all teenage you be saying to you now?</li><li>• Who are you when you are most alive?</li><li>• What do you want to be known for?</li><li>• What does your soul say?</li><li>• What's the cost of staying loyal to that story?</li><li>• What are you pretending not to know?</li><li>• What would collapse if you stopped performing?</li><li>• Who benefits from you staying small?</li></ul>	<p><b>5 Whys example:</b></p> <ol style="list-style-type: none"><li>1. What is your dream?</li><li>2. Why does that dream matter to you right now?</li><li>3. Why is that kind of life or impact important to the person you want to be?</li><li>4. If you lived that dream, what need or truth in you would be fully honored?</li><li>5. Why would fulfilling <i>that</i> truth make your life more meaningful?</li></ol>
---	--

**Balance** - *Perspective, Choice, Decision-Making, Conscious Action* Get unstuck, Shift view, Make choices.

<ul style="list-style-type: none"><li>• What are your options?</li><li>• What would happen if you did—and what if you didn't?</li><li>• What's another way to look at this?</li><li>• What would someone you respect do in this situation?</li><li>• What's the smallest experiment you could try?</li><li>• If you had full freedom, what would you choose?</li><li>• What's one bold move that would serve you?</li><li>• What are the implications of staying where you are?</li><li>• What conversation are you avoiding?</li><li>• What assumption are you making here?</li><li>• What's another way to interpret this?</li><li>• What would your biggest fear say if it could speak?</li><li>• If this problem were a person, what would you tell them to stop doing?</li></ul>	<p><b>5 Whys example:</b></p> <ol style="list-style-type: none"><li>1. Why is the outcome of this choice important to you?</li><li>2. Why does it matter how this turns out; what would it change?</li><li>3. Why do you believe <i>this</i> is the right way to get there?</li><li>4. If you made the opposite choice, what would feel compromised or lost?</li><li>5. Why is preserving <i>that thing</i> so important to your future self?</li></ol>
---	---

**Process** - *Emotional Experience, Integration, Healing, Presence*, What's true now, Feel, Reflect, Integrate.

<ul style="list-style-type: none"><li>• What are you feeling right now?</li><li>• Where do you notice that in your body?</li><li>• What are you learning about yourself in this moment?</li><li>• What does your heart need right now?</li><li>• What part of you is asking to be heard?</li><li>• What is the emotion underneath this?</li><li>• If you stayed with this discomfort a little longer, what might emerge?</li><li>• What's not being said that wants to be said?</li><li>• How do you want to be with this part of yourself?</li><li>• What question do you most hope I won't ask you?</li><li>• How would it feel to tell the truth here?</li><li>• What are you afraid might happen if you really stop and feel this?</li></ul>	<p><b>5 Whys example:</b></p> <ol style="list-style-type: none"><li>1. What does your heart need right now?</li><li>2. Why do you think that's what your heart is asking for?</li><li>3. Why has that need gone unmet or unspoken until now?</li><li>4. What would shift if you allowed yourself to fully feel or honor that need?</li><li>5. Why would giving yourself that space be an act of healing or courage?</li></ol>
--	---