



# Sacred Depths Certification

## Breakthrough Questioning Skills – Journal Prompts

### Journaling Prompts *(from class)*

- Are there moments when you take shortcuts through consulting rather than providing learning opportunities with questions for clients? Why do you think this is happening?
- How often do you ask a question expecting a particular answer?
- On a scale from 1-10, how good are you at remembering that you have choice in your life and/or your business?
- How does it impact your life when you forget that you have a choice?
- What's one place in your life that could benefit from a philosophy of choice?

“*Questioning is a powerful tool for breakthrough because human beings are curious by nature and curiosity leads to learning.*”

### Deeper Dive Journaling

- In class, six (6) reasons practitioners default to consulting instead of asking questions were identified. Of these, which one(s) resonate most with you? What steps can you take to shift this tendency so you can ask more breakthrough questions instead?
- A spirit of curiosity is important to asking powerful questions. How does curiosity show up in your life? Are you naturally curious or is this something you have to develop? How can you cultivate more curiosity in your day-to-day life?
- Extra credit homework: Think about each of your clients (or your coaching partner) and name the places where they're assuming they have no choice. How can you invite choice into the conversation?