

# **Transformational Questions To Help You Gain Clarity and Purpose**



## **Embrace Your Fullest Potential**

Hypnotherapy by Margaret Martin

Take your time and work through the questions and exercises.

It can help to journal your answers and to spend more time on each question than you think as sometimes we go to our default answer in the first instance .....however, if we reflect a little longer, we may gain further insights!

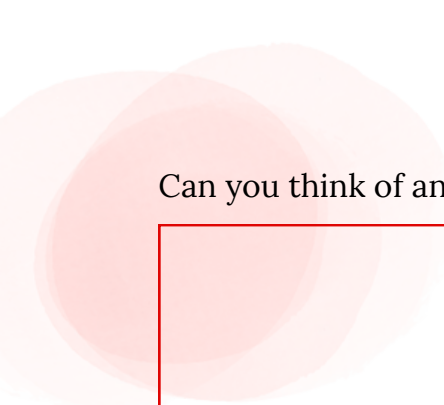
## Feeling Stuck

What would you like to improve about your life right now?

What is holding you back?

What do you think is going on?

When did the problem/issue/dissatisfaction start?



Can you think of anything that that 'problem/issue' is doing for you?

What is that 'problem/issue' stopping you from doing?

What do you think about a lot?

Do those thoughts move you forwards or hold you back?

Is there a reason for things not to change?

What's missing from your life?

What have you been putting off?



**What beliefs are holding you back**

When you think of that 'issue', what are your thoughts/feelings telling you?

When you stop yourself from doing 'that thing', what thoughts are running through your mind?

Are your thoughts about 'that' helpful?

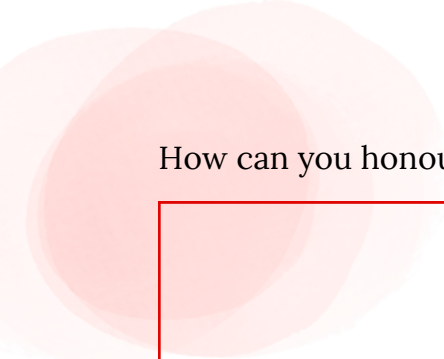


What would you say to a friend who had those thoughts?

What if those thoughts weren't true?

What else could be getting in your way? (repeat the above)

What is 'not doing' this keeping you safe from?



How can you honour the intention here and still move forward?

What rule would you be breaking if you took action?

Where do you think this rule came from?

Does this rule apply now?

If not, what are you going to do with this new information?

If it does, how can you make the rule more flexible and still move towards your goal/desired outcome?



Are all of your needs being met? Eg connection, emotional, physical, mental

Is there anything you could do to support these needs?

What needs to happen for you to achieve what you want/feel happier?

How will you do it?

## Confidence Building

**Exercise** : Write down a list of things that have gone well recently

**Exercise** : Write down 3 challenges you have overcome

1.

2.

3.

Please don't consider anything to be too insignificant, write it all down!



## Thinking Bigger

What 'shoulds' would be useful for you to drop? For example, I should 'do this'.

What gives you energy?

What brings you joy?

What would you like to do more of?

When are you really happy and time just disappears?

## Thinking Bigger

If anything was possible, what would you like your life to look like in 2 years time?

Are your current choices and actions helping you with that?

What do you really like about yourself?

If you made your emotional wellbeing/energy your top priority in life, how would you live differently?

What inspires you?

## Thinking Bigger

What have you always dreamed of doing but didn't think was possible?

Is there anything you could do differently to give you more time?

**Exercise** : Write a list of up to 100 things you fancy doing, like a bucket list!

## Future Vision, Purpose and Path to Fulfilment

Why is this 'change' important to you?



If you didn't know any better, what would you do next?

If you did that thing, you would then be more likely to.....?

How do you reconnect spiritually?

What are your biggest values? Write them down

## **Future Vision, Purpose and Path to Fulfilment**

Is there anything you could do differently to live by those values?

If there is such a thing as having a purpose, what do you think yours might be? (It's okay if you can't think of one or if you can think of more than one)

Let's say you have a higher version of you, a version of you that wants you to have the best life possible, what would they want for you?



## Additional Exercise

If you are struggling to think of what gives you purpose or perhaps you are interested in taking on a side hustle or you would like to change direction in some way..... spend time thinking about the following..... you can write it down or even chat through with a friend.

What do you find yourself reading about, researching or studying outside of work?

What interests are you drawn towards?


What do you talk about with friends?

Are you known as a go-to for certain types of problems?

Can you guide, support or teach others to do what you've done or what you do?



Think outside the box and include experiences, talents, interpersonal skills, challenges you have overcome etc.



I hope you've found these questions helpful. You may have some new insights or ideas, or you may be at the start of a journey to see or do things differently. Wherever you are, I wish you all the best and would love to support you further if you need any assistance in taking those next steps.

In the meantime, I'll leave you with the words of Marie Forleo

*“Your potential is limitless. You are unique, valuable, capable, and worthy of the dreams in your heart. Most of all, you have what it takes to transform and transcend whatever challenges you face.”*

— Marie Forleo, Everything is Figureoutable