



AHA MOMENT

What surprised you or shifted your thinking?



HA HA MOMENT:

What delighted you or made you laugh?



HMMMM MOMENT

What are you still mulling over or unsure about?

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BRIDGE

What is one thing that has helped you connect new ideas together?

ROAD BLOCK

What is one thing you have been challenged by or stopped in your tracks?

DETOUR

What is one thing that is prompting you to take a different approach?

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HEAD LEVEL

What new thing have you learned?



HEART LEVEL

What feelings came up for you and why?



HANDS LEVEL

What will you apply or put into action?

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MOUNTAIN

What is one thing you're looking at with a fresh perspective?

VALLEY

What is one idea that still leaves you feeling stuck?

RIVER

What is one idea that will help carry you forward?

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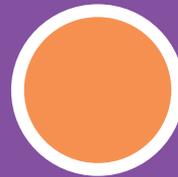
 **Highlight**

 **Lowlight**

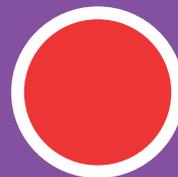
 **Insight**



What's one idea you're going to push GO on?



What's one idea that has prompted you to SLOW DOWN and re-think?



What's one thing you're going to stop?

SELF



What's one thing you have learned about yourself?

SITUATION



What's one situation you will look at with fresh eyes?

SET-UP



What's one thing you will set-up to support personal action or growth?

ZOOM IN



What's one small detail that feels important?

ZOOM OUT



What's one big picture idea that has got you thinking?