



# THINKING SESSION

*Let your own brain find the answer.*

1. If I'm hurting, what would the opposite of hurting be right now?
2. What would happen if I chose to answer my problem or question right now?
3. What would I do if I knew what to do?
4. What if I answered this question like my life depended on it?
5. What would my future self (who has already succeeded/conquered) tell me to do?
6. How is this issue FOR me, rather than against me?
7. What would I do if I knew it wasn't impossible?
8. What is my current belief system that I'm living under? What do I want it to be?
9. What are 10 awesome ideas or possibilities for this?
10. What other questions should I be asking myself?
11. If I was my own mentor, what would I tell myself to do?

