

Powerful
Questions from
Laura Munson's
Workshop

Take some time to
yourself. Answer
them. Dig deep.
Refer to your
answers often.
And start to
practice asking
**POWERFUL
QUESTIONS.**



Powerful Questions

Inner Critic

Characterize your inner critic:

- Whose voice is she speaking in?
- When is she loudest?
- What does she say to you?
- What would happen if you treated her like a scared little girl that you love?

Powerful Questions

The Flow

- What do you most like to do? (not necessarily what you are good at)
- How often do you do it?
- Can you build a career around it?
- Can you bring it into your daily life?
- What would that look like? (dream a little!)

Powerful Questions

Practical Creativity

When you are facing hardship, ask yourself:

What can I create? It doesn't have to be anything grandiose.

- What are three simple things that you can do when you are having a hard time?

Powerful Questions

Self vs. Self— The Story you tell yourself

- What do you lead with when you first meet someone?
- Where are you in a fight in your life?
- What do you resist that you know is good for you?
- Where do you tell yourself that you are not enough just the way you are? (Mr. Rogers knows best) HINT: "I should..."

***Live the questions
now. Perhaps you
will then
gradually, without
noticing it, live
along some
distant day into
the answer. --Rilke***



**"No one can make you feel inferior
without your consent."**

-- Eleanor Roosevelt

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