

Morning Questions

- 1 Who can I help feel worthy?
- 2 Where can I be supportive?
- 3 Where can I help someone succeed?
- 4 Who can I help feel special and inspired?
- 5 What situations can I help bring clarity to?
- 6 What service can I provide?
- 7 Who needs uplifting and connection?
- 8 Who needs tenderness and feelings of safety?
- 9 What situations can I help soften?

What am I happy about?

- a. What about it makes me happy? How does that make me feel?
- b. If I'm not happy but could be, what *could* I be happy about right now?

What am I excited about?

What am I proud of?

What am I grateful for?

What am I enjoying?

What am I committed to?

Who do I love?

Who loves me?

Evening questions

What was beautiful today?

What did I give today?

What did I learn today?

How did I add quality today?

How did I invest in my future today?

Problem Solving Questions

1. What is great about this problem?
2. Ask this next question depending on your Enneagram Type:
 - What is not perfect yet? (Type 1)
 - What is not connected with me or not lovable or worthwhile yet? (Type 2)
 - What is not succeeding or valued yet? (Type 3)
 - What is not inspiring or significant yet? (Type 4)
 - What is not clear yet? (Type 5)
 - What is not definitive, navigable or trustworthy yet? (Type 6)
 - What is not pleasant or energizing yet? (Type 7)
 - What is not safe, fair or in control yet? (Type 8)
 - What is not peaceful yet? (Type 9)
3. What am I willing to do right now and in the near future to make it the way I want it?
4. What am I willing to no longer do in order to make it the way I want it?
5. How can I enjoy the process while I do what is necessary to make it the way I want it?