



'Breathing & Eating' Question

*What do I imagine is possible
when I put more focus on my
breath and eating just for today?*

My PrivateWork-It-Out[®]



What do I imagine is possible when I put more focus on my breath and eating just for today?



1. What is your first thought? _____



2. What's occurring now? _____



3. What just happened? _____



4. What are you feeling? _____



5. What are the opportunities? _____



6. What's missing? _____



7. What are you avoiding? _____



8. What's true? _____



9. What is your ideal scenario? _____



10. What's happening when you're imagining your ideal scenario? _____



11. What's between you and your ideal scenario? _____



12. What really matters? _____



13. What difference will it make? _____



14. What's the risk? _____



15. What adjustments will you make? _____



16. What needs to happen next? _____



17. What's occurring now? _____



18. What are you feeling now? _____



19. What are you not saying? _____



20. What's your actionable insight? _____



My Inspired Action Plan

1

What has to happen first? _____

2

When that happens, what's next? _____

3

When that happens, what's next? _____

4

When that happens, what's next? _____

5

When that happens, what's next? _____

6

When that happens, what's next? _____

7

When that happens, what's next? _____
