



'Breath & Movement' Question

*What do I imagine is possible for me just today if I focus on my breath and my movement?*

# My PrivateWork-It-Out<sup>®</sup>



*What do I imagine is possible for me just today if I focus on my breath and my movement?*



1. What's 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? \_\_\_\_\_

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8. What's true? \_\_\_\_\_

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9. What is your ideal scenario? \_\_\_\_\_

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

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

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12. What really matters? \_\_\_\_\_

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13. What difference will it make? \_\_\_\_\_

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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? \_\_\_\_\_

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2

When that happens, what's next? \_\_\_\_\_

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3

When that happens, what's next? \_\_\_\_\_

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4

When that happens, what's next? \_\_\_\_\_

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5

When that happens, what's next? \_\_\_\_\_

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6

When that happens, what's next? \_\_\_\_\_

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7

When that happens, what's next? \_\_\_\_\_

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