QUESTINGS Assessment: *Used with kind permission from Paul Crummay © 2017*	**Scale of 1-10 how do you feel about this?**	**What do you notice about this aspect?**
Q **quieten** the chatter, settle the heart-mind-body		
U **understand** and appreciate without judgement what your experience is: your experience = an event + your interpretation		
E **explore** with curiosity, not with an agenda; include as many angles, possibilities, bring in as many elements as you can		
S **see** how life already gives you options or doesn't, ideas, alternatives, support- consider them now… what is possible? Ask "What if…?"		
T **trust in the bigger picture -** that you already intimately co-create reality		
I **intuition, feelings & imagination** is where you make decisions		
N **next steps now;** now is the only time you have; you can design actions with a holistic perspective, including broader dimensions of your life		
G **gather resources**: where can you already achieve change in partnership with the universe, with time, with planning, with resolve & confidence		
S **set off in specific steps** in the new direction, just do the next thing you can, then the next, then the next		