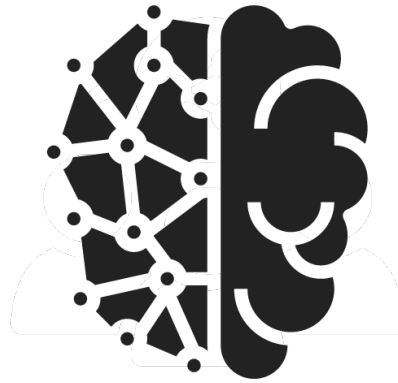


# Empowering Questions

Activate the Creative Side of our Brains

**ANALYTICAL**



**CREATIVE**

## Empowering Questions...

**ARE:**

Open-Ended  
Clarity-Seeking  
Future-Directed  
Thought-Provoking  
Solution-Oriented



**START WITH:**

How  
When  
Who  
What  
Where  
If  
Tell me about...  
Why (ask curiously)

## Examples of Empowering Questions

- What's working well?
- What other choices can you make?
- What's another way to look at that?
- How can you reframe this to help you move forward?
- What's your next step?
- What are you learning about yourself?
- What are you learning about your situation?
- What will you do next next time?
- What is *really* bothering you about this?
- What do you think the main challenge is?
- What is stopping you?
- What do you want to experience?