

Questions:

1. Write the questions you have in your mind down.
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Questions:

**2. How do you feel when you ask these questions to yourself? What emotion?
(Anger, frustration, confusion, curious, wonder)**

3. How would you feel if you gave yourself permission to have those questions?

4. How would you feel if you gave yourself time to answer them?

Questions:

5. What would be different after you do give yourself the 2 permissions?

Would you approach those questions differently? Would you be more curious?

Less rushed? Would you go to work to find the answers a different way?
