



CONVERSATION GUIDE

An All-in-One List of the Powerful Questions Raised in *Looking In*

Dear *Looking In* Reader:

One of the key tenants of *Looking In* is that the answers you seek aren't "out there." They are inside of you. Reflection, then, starts with powerful questions. We've gathered these from *Looking In* to use as journaling prompts, conversation starters, team meeting topics, and more.

A few tips to keep in mind as you consider these questions.

- Build trust by being honest with yourself about everything you hold within you.
- Be aware and present to the feelings and thoughts of the moment without distraction.
- Practice neutral observation. Learn to separate what's yours from the experiences of the present moment without judgment.
- Listen to and honor your gut.
- Discuss your thoughts and reflections with like-minded people. I'm continuously amazed by the personal growth that comes from great conversations.
- Share your thoughts with me. I LOVE to hear from you.
traci@theinnatecoach.com

traci philips
THE INNATE COACH



THE QUESTIONS...

- *How can you look at this time in your life as one of healing, self-discovery and breakthrough? (p.21)*
- *Can you fathom that what you are experiencing as difficult and challenging is actually a glorious opportunity to do things differently and be more authentic and powerful? (p.21)*
- *What if massive change is what is needed for ultimate growth and advancement to occur? (p.21)*
- *Are you living a borrowed or leased life? Are you thinking, reacting and making choices based on what you've seen others do, what others think and what you might have been raised to believe you are to do, be, have and want? Or, on the other hand, do you OWN your life choices, non-dependent upon whether or not others agree or find who you are and what you do acceptable? (p.26)*
- *What would happen if I find that what is inside contradicts what I have come to believe about myself and others? (p.28)*
- *Are you truly ready to dive into the practice of discovering who you are, what you're made of and then becoming unapologetic about it? (p.28)*
- *If I were to strip myself of all the roles and titles, what would I be then? (p.29)*
- *Why do you think you were brought here at this time in history to have this particular life experience? (p.29)*
- *What are areas in your life where you have deep faith that something is true? (p.32)*



MORE QUESTIONS...

- *If Imposter Syndrome is an awakening to our genuine value, if what we have been seeing as a breakdown of believe is actually a system by which we rate and appraise who and what we are, if it is meant to help us sift out what is true and what is conditioning, what would that mean about the parts of me I've felt insecure about in the past? (p.37)*
- *How can I become more mindful of the practice of staying in my own lane? (p.46)*
- *What values are important to my family and those close to me? (p.67)*
- *What beliefs, moods, words, opinions, support, information, thoughts, ideas, etc., am I sharing with the world? (p.67)*
- *What roles do I play in life and how am I showing up in these roles? Do I feel successful in these roles? (p.67)*
- *What do you need to work on, release and accept about yourself to embrace and embody your Zone of Brilliance? (p.67)*
- *What intentional statements can you make to support your Zone of Brilliance and allow it to show up fully in the world? (p.68)*
- *What story can I shift in order to confidently see the importance of communicating what I have to offer so that others can benefit from it? (p.69)*
- *Where might I be allowing influences, environments or other outside conditioning to affect how I show up in my Zone of Brilliance? (p.69)*





MORE QUESTIONS...

- *How can I set more appropriate standards and boundaries around myself and my innate value? (p.70)*
- *What can I commit to doing today that will keep me focused on delivering from my innate value so I can ensure that I'm offering the best that I have to give at all times? (p.70)*
- *Where can I develop faith that the situation I'm experiencing is exactly what is called for, no matter what it may look like on the surface? (p.71)*
- *How often do I focus on what I truly want? (p.82)*

© 2022, Traci Philips. All Rights Reserved

"*As you* OPEN YOURSELF UP TO PRACTICING WHAT HAS BEEN DISCUSSED HERE, THERE WILL BE PLENTY OF CHANCES TO LISTEN TO WHAT YOUR INNER VOICE IS SAYING AND WHERE IT WANTS TO LEAD YOU. I RECOMMEND YOU LISTEN AND ALLOW YOURSELF TO BE TRANSFORMED BY THE PROCESS."

LOOKING IN
BUY THE BOOK



GET OTHER LOOKING
IN RESOURCES



DISCOVER HOW TO
WORK WITH TRACI

