

BusinessOutside

CONNECTION QUESTIONS

LEVEL ONE

Lighthearted questions intended to begin, open, and generate discussion.

- What is something you celebrated or are proud of?
- If I had to give up some modern convenience (TV, car, toilet, telephone, lighting...) I would select...
- Do you feel mastery in any part of your life? If so, where?
- What elements of your life bring you energy?
- What elements of your life drain your energy?
- What is a mistake you recently made?
- What has been the most surprising professional event in your career?
- If you magically had 2 more hours every day, how would you spend that extra time?
- If you suddenly lost 2 hours per day, what would you decide to cut down on?
- What has been your greatest joy?

LEVEL TWO

Questions built for deepening discussion, requiring much more trust & vulnerability.

- If you could truly take a risk, and toss caution to the wind, what would you do?
- If you were magically granted your dream talent, what would it be? What would you do?
- Who do you owe an apology to? Who owes an apology to you?
- What is one thing that you could do to improve your professional life?
- Is it easy for you to accept help, advice, or assistance? Why or why not?
- What three adjectives best describe how you think about yourself? What would your friends say?
- How balanced do you feel your life is? What could you do to improve that balance?
- Have you ever lost your temper? What did you learn from that experience?
- What could you stop doing now that would benefit your growth and well-being?
- Think about your life like a road trip. At a fork in the road, who impacted you the most?

LEVEL THREE

These questions are best for close-knit groups experiencing heightened trust.

- How would you like to *feel* about your life in five years? Why?
- Have you ever misjudged someone's character? Why? Describe the situation.
- Share something that you have never shared before.
- What is the most important decision that you have made in your life?
- What do you like best about your life? Least?
- If, by magic, you could change one thing about yourself or your life, what would you change?
- If you suddenly found out that a meteor was hitting earth in 12 hours, what would you do?
- When do you feel most lonely? When do you feel most appreciated?
- What would you like your legacy to be?