



**DAMN...
THAT'S A
GREAT
QUESTION**

Questions designed to stretch your brain, get you unstuck and show you a different way of thinking.
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Coaching is about helping you see and think about things differently. Because in your life you have things that happen to you.

In coach speak, I call this the "circumstance". The circumstance is something that is 100% true. Can be proven in a court of law. Everything else.....stuff we make up. Stuff we assume. Stories we are tied to.

Some examples of a circumstance:

Your parent is ill.

You had 7 cupcakes.

Your partner hasn't texted you back in 3 days.

You were fired.

Your bank account amount.

Not getting the promotion.

Getting a promotion.

Being proposed to.

You gain 12 pounds.

You lose 12 pounds.

Hopefully you are catching on.

We get sucked into a way of thinking about ourselves, others, and the world because:

"That's just the way it's always been"

"That is just what I do"

"They are always that way"

"I've never been good at that"

Guilty of saying any of those ???

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The example I recently gave a client is:

“Right now, you see the world and your options as if you are looking through a straw. You can see some things and some choices but not many. It isn’t your fault, it is just that you have always looked through a straw and really didn’t know it was possible things could be different. I know this because this is something I often hear in coaching calls:

“I never even thought of it that way!!” Or “That is a very good question!”

We live a lot of our life on autopilot.

We get stuck in our ways of thinking.

Which isn’t bad IF you have everything you want and the most amazing perfect life you could ever imagine. BUT! If that isn’t the case....I have created this list of questions to help you put down the straw and take a 360 view of your life.

To fully grasp all that is possible. To see things in a different light.

One thing I want to preface this worksheet with is when you read some of these questions you might notice your brain putting up a block. Telling yourself: “Pfft, that’s dumb. I could never really do that.” Or “That sounds great and all but it just couldn’t happen.” Which is most certainly ONE way to look at it.

But I want you to see the other side. The side that I see for you. I want you to start looking at your life with possibility and opportunity.

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Because truly, neither is true.

You aren't the worst person on the planet and you also aren't the best person on the planet.

But most of us have way more frequent thoughts about how we are the worst person even though IT'S NOT TRUE.

Also, does that EVER serve you to think of yourself that way?

NO!

(Yelled at you with love)

I want you to think differently. Deeper. More powerfully.

So get ready to stretch your brain, to push your thinking limits, and to ask yourself some powerful questions.

You may need to tweak them a little so they fit more into whatever thing you are working on or doubting yourself in. You can use these questions for relationships , career goals, financial and personal goals.

You can use these on days where you feel like nothing you do is right or good enough. Days when you are confused and aren't sure what to do next.

Or you can use these on days when you are on fire and don't want to lose momentum!

I even crowd sourced some of these questions from other coaches within my Master Mind, so you are in for a real treat! Enjoy!

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Damn....THAT'S A GREAT QUESTION:

- 1.How is it true that you are the best person for this?(for a job or in a relationships)
- 2.In what ways are you already creating this?(any goal you are working towards)
- 3.If you did know, what would you do?(Anytime you say you don't know what to do)
- 4.What would you do if you knew you would not fail?
- 5.What is one small shift you can make?
- 6.What would you tell your best friend in the entire world?
- 7.How would you handle this or show up if you already had exactly what you wanted?
- 8.How is it true you have exactly what you need?
9. How is it true that what you want is already happening?
- 10.What could you do differently next time?
11. How is this exactly what was supposed to happen?
12. Who would you be without this thought? If the thought that just keeps spinning on repeat (Im not good enough, they are better, etc) were just deleted from your brain....what kind of person would you be in that moment?

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13. What will you think about this a year from now?(this question was helpful for me when I was trying to stop binge eating. It put things into perspective that how in a year from now, or even a week from now, this just won't be a big deal)

14. Are you going to your past self or future self for answers?

15. Do you really want ____ or do you just think you should want it?

16. When do you feel most like yourself?

17. How could you make it more fun?

18. Where are you overdoing/trying to fix?

19. If you say "I've always been this way" really ask yourself "how long do you plan to stay this way?"

20. How will you know when you've reached your goal- what will you be thinking and feeling? How can you decide to think and feel those now?

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