



# The 4 Key Questions

## WHAT DO I WANT?

How will I know where to go if I don't know what I want? What are the criteria for decisions and how can I to the best of my ability, ensure that my decisions will be in line with my plans?

*You've got to think about big things while you're doing small things, so that all the small things go in the right direction. Alvin Tofler*

## WHAT DO I LOVE?

What are my passions, loves, values, needs, desires and interests?

*The one thing that you have that nobody else has is you. Your voice, your mind, your story, your vision. So, write and draw and build and play and dance and live as only you can. Neil Gaiman*

## WHAT MAKES ME AMAZING?

What are my gifts, talents, skills, capabilities, competencies and behaviours?

*This process of the good life is not, I am convinced, a life for the faint-fainthearted. It involves the stretching and growing of becoming more and more of one's potentialities. It involves the courage to be. It means launching oneself fully into the stream of life. Carl Rogers*

## WHAT MAKES ME IMPERFECT?

What are things that I know about myself that makes me human, relatable, connected and interesting?

*"Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom." — Viktor E. Frankl*