

The ACTION questions.

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Understanding these basics is how you know what ACTION to take.

Write as little or as much as you want: write in the boxes, around the edges, on the wall ... get into the answers as much as you can ☺

What did you absolutely LOVE to do when you were a young child?

Remember a moment of sheer joy in your life, what was happening?

Describe an environment you like being in. Be as vague or as specific as you like.

If you could do the perfect thing for you all day tomorrow, what would it be?

What do you think life is all about?

Do you think in pictures, sounds, feelings, words ... or a combination?

How easy is it to answer these questions?

If your best friend described you, what words would they use?

Describe how you can be different in different situations. For example, describe what are you like when you're at home with your family, meeting friends, alone in a new place, having to make a complaint etc.

What do you do if something is troubling you?