

Live Call #2 Exercise Questions to Help Uncover Your Roadblocks

Q1: What is the specific outcome you want with AIP and/or your health - and what will you see, hear, and feel when you have it?

Q2: Where are you now in relation to your outcome?

Q3: What will this outcome allow you to do? And are you sure you want that?

Q4: Is it only for you? If not, who else is it for?

Q5: Are you the only person in charge of your results?

Q6: Where, when, how, and with whom do you want it?

Q7: Are there drawbacks in any of these contexts?

Q8: What personal (emotional) resources do you have that will allow you to achieve this?
e.g. motivation, determination, perseverance, etc

Q9: Do you know anyone else who has achieved it? What resources did they have?

Q10: Close your eyes for a second and imagine you have it now. Other than those mentioned, what resources did you use to get it?

Q11: Why do you want it?

Q12: What will you lose or gain if you get it?