

DRAWING OUT THE WISDOM AND EXPERIENCE OF PARTICIPANTS



- What do you think?
- Tell me more about that.
- Remember, at the end of our session today, we will create Action Plans, so be asking yourself, “How can I apply what I am learning?”
- Can you think of another way of handling this?
- What changes would you like to see?
- How did that make you feel?
- Drawing from your experiences, what else might you suggest?
- How could you apply this in your life?
- Let your creativity flow: What other approaches might work?
- Let’s pause for about 30 seconds as we all sit tall, take a deep breath, close our eyes, and be still inside.
- What would you recommend?
- What helps you feel peaceful, loving, and happy?
- If you tried to apply this, what challenges might you run into?
- That’s an excellent idea! How could you put this to use in your life?
- I wonder what would happen if . . . ?
- How do you think it would work?
- Could this make a difference in your family or workplace?
- What would be a fun way to bless someone in your life?
- If you had a magic wand, how would you change the situation?
- How would that affect those around you?
- Imagine yourself doing this in your personal life. How do you think it would work?
- What’s a positive step toward this goal that you personally could take before you go to sleep tonight?
- If you could make one change in . . . , what would it be?
- What can you personally do this week to make it better?
- What would you love to do?
- What does your heart say?