

## The Four Most Powerful Questions Tool

### Purpose

To enable you to sustain the motivation of yourself and others in the face of ongoing challenges.

### Perspective

The reality is that no one can motivate anyone else. We can only motivate ourselves and create the opportunity for other people to motivate themselves. What does it mean to motivate? Releasing productive, enthusiastic, sustained, effort towards defined objectives.

For you to motivate yourself, you must have clear objectives that you are passionate about. Objectives that you believe can be achieved and are worth the effort.

In today's world of distractions and change at the level of turmoil, it may have been a long time since you concretely thought about the objectives that can motivate you. To the extent that is true, you may be working in "survival mode" which decreases performance both personally and professionally. Using this tool will change that. It will focus your attention and energy on achieving the things that enable you to thrive – even in the most challenging circumstances.

### Instructions

Please complete the form on the following two [2] pages and bring it with you to The Resilient Leader's working session.

Across the first row you will see four areas of your life:

- Professionally – your career or occupation
- Family – there is no "typical" family. You should have a definition that fits you and the life you want
- Community – the group you wish to be a member of and to serve
- Health – your physical, emotional or spiritual well-being and growth

Down the first column, you will see four questions:

- What do you want?
- What are you doing [to get what you want]?
- How is that working?
- What is your plan?

Answer each of these questions with respect to each of the four areas of your life.

### For Further Information

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	<b>Professionally</b>	<b>Family</b>	<b>Community</b>	<b>Health</b>
What do I want? [in each of these four life areas]  <u>Advice:</u> Be as specific as possible. For instance, professionally “A Challenging Job” is not as clear as “A Job That Challenges My Ability To Innovate In [Area of Expertise].”				
What am I doing? [to achieve what I want]  <u>Advice:</u> Again being specific is key. For example under Health/Spirit “get in better shape” is not as clear as “Be able to run a 5k”				



	<b>Professionally</b>	<b>Family</b>	<b>Community</b>	<b>Health</b>
<p>How is that working? [Is what I am doing getting me closer to my objective?]</p> <p><u>Advice</u> Be as objective and specific as possible.</p>				
<p>What is my plan? [to achieve my objective]</p> <p><u>Advice</u> Be honest. If you haven't got a plan or don't know what to do – the other tools and techniques in our resilience learning will help.</p>				