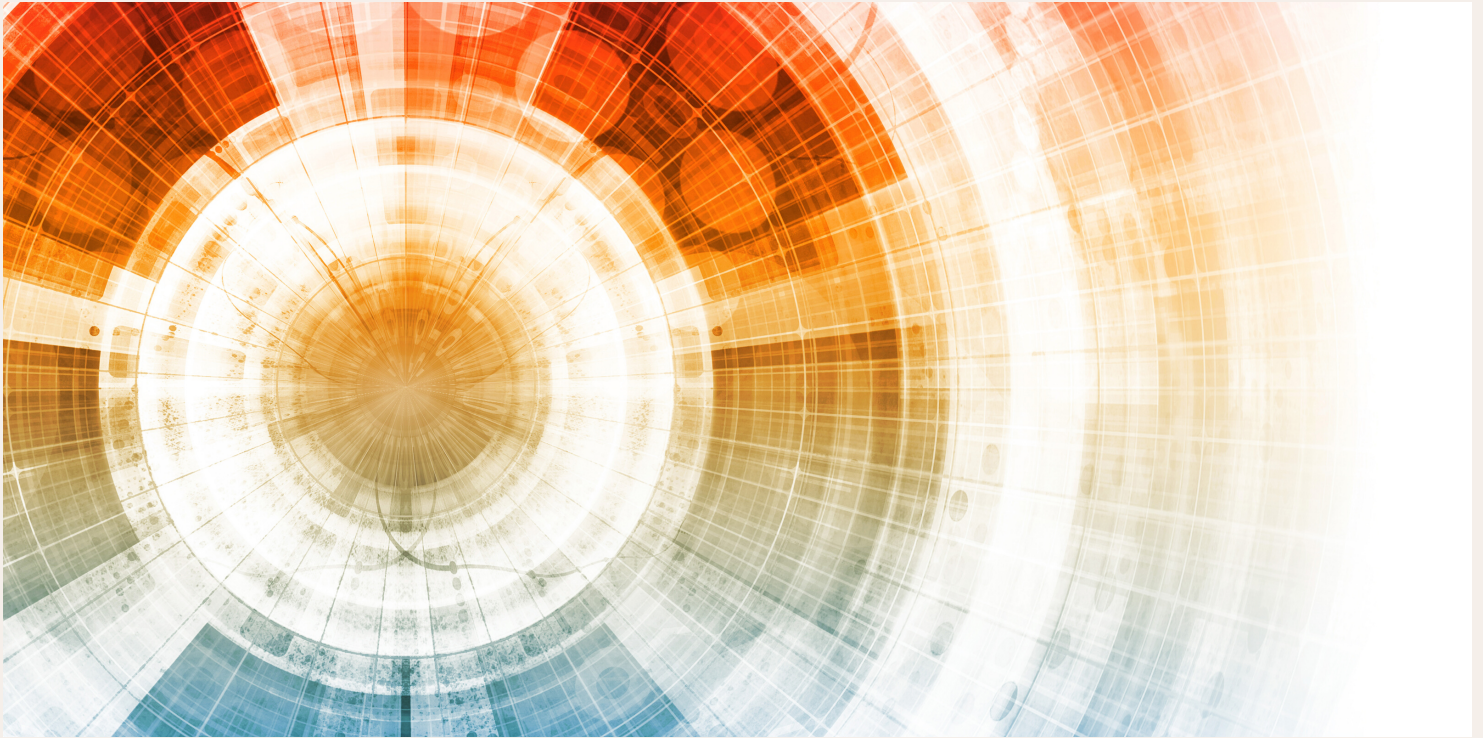




10 Questions to Transformation

*Essential Steps to
Design Your Exceptional Future*

10 Questions to Transformation



Introduction

For most of our lives, we follow familial and societal narratives around what it means to be successful both personally and professionally. While these narratives may have started off as a winning formula, you now find yourself questioning what's important and seeking something different - whether that is a bigger social impact, a radically different existence, or deeper meaning in your professional life.

The desire for something different in our lives is completely normal. How we choose to respond to these desires is where many of us struggle.

How We Define Transformation

What I mean by a transformative event is an event that stretches you, tests your limits, and results in an outcome that helps you grow and develop as a person and rewrites your reality. This is different from a transition, which I like to refer to as the "emergency exit" of a transformation. Transition is far more simple and direct. Transition is like staying in your neighborhood, while transformation is seeing a greater world beyond the five blocks surrounding your house.

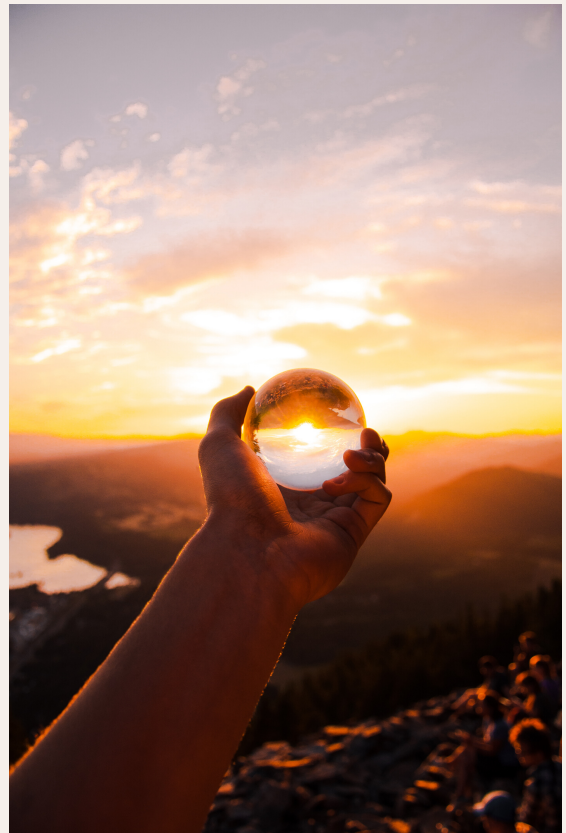
Why We Resist Transformation

Some of the biggest obstacles to transformation emerge from our perspectives along with our resistance to the unknown. As humans, we're hardwired to maintain safety, which for many of us results in a resistance to change.

We're also culturally conditioned to be hyper-aware of our surroundings. If it seems like everyone else is content, then we question ourselves in our desire for something different. These bits of information get filtered and shape the lens of our perspective. What's important to know is that these bits of information are really the assumptions we form about a situation.

But these assumptions don't mean that they are your reality.

Through these 10 questions, you have an opportunity to examine these perspectives and determine how you want to rewrite that reality and grow into something that aligns with what you want.



Why You Should be Excited

The fact that you downloaded these questions means that you're beginning to consider what a new reality could look like for you.

These 10 questions are a starting point for new insights, new adventures, and can form a new foundation for your exceptional future.

The first steps to transformation is a process that can yield incredible results. As you complete this process, read through the section on next steps to give you ideas and resources as you continue in your journey.



10 Questions to Transformation

Instructions

These carefully curated questions will help you build awareness about what is important to you and will help to spark some insights and actionable next steps in your development. These questions can be used for individual reflection or as part of a success group. What you will get out of it will depend on how much energy and attention you want to put into answering them. If possible, try to tackle one question per day for 10 days.

Instructions for individual reflection

- 1) Choose one question to reflect upon each day, preferably at the start of the start of the day. You can print the questions in card form, or insert a question into a calendar reminder, or reflect upon this question before you begin a guided meditation.
- 2) Reflect upon this question throughout the day.
- 3) As insights come up for you, record them in a notebook, notes app or voice memos.
- 4) At the end of each day, reflect on what insights have come up for you.
- 5) After answering all the questions, look back at your notes to determine what themes have come up for you. Some guided questions include:
 - What are some of the ideas that emerge from these insights?
 - What is the first step you can take?
 - Who can help you to make these ideas a reality?

Other ways to gain insights:

As a group

Print out the second page of this document and cut the questions into individual cards. These questions can be used as thought-starters.

Multiple Vantage Points

In addition to directly answering the question, you can reflect upon these questions from multiple vantage points. For example, if the question is, “what are your strengths?”, then you have the choice of answering the question directly, and then following it up with what you might consider to be your opportunities for growth.

You can also examine how that question would be answered about you by some of the other influencers in your life, such as family members, friends, or trusted colleagues. Would the answers be the same or would they be different?

Imagine that you are at the end of your life. As you reflect back, what is one accomplishment that would make you proud?



Who and what are the biggest influences in how you view the world and why?



If you were given 6 months to invest in one idea that would contribute to your growth and development, what would that be?



What is your greatest gift to the world and why?



What makes something important to you? Is it something that emerges from within (intrinsic), or do you take cues from others (extrinsic)?



How would you know that you've "made it"? Describe all the factors and feelings that would contribute to that sense of accomplishment.



Where in the world feels like home for you? What makes it feel like home?



What are all the unique intersectional factors that make you who you are? These can include your race, ethnicity, gender, education, family (biological + chosen), and any other groups. How do these factors contribute to your life's story?



What is a common theme that keeps emerging throughout your life?



Imagine the best case scenario for your life. What does that look like? Include all the details (who, what when, where, why, and how) to create your story.



Some Helpful Insights

Transformation can be perceived as easy. Once you get clear on what you want to transform, you find the psychological ease that comes with feeling aligned with your goals and ideals. I once had a wise colleague who commented that if something is meant to be, the universe will align to open up the opportunities for you. At the time, I was pushing and struggling against something that really wasn't what I wanted in life, but was what I **thought** I should be doing. I resisted my colleague's wise advice, and in hindsight, I now realize that every transformative experience happened when I was completely clear and aligned with what I truly wanted, and opportunities opened up.



Transformation can be perceived as hard because it forces you to fully examine your life. What you discover may not be pretty. You may temporarily reject the reality. You may need to make some tough decisions. Resistance will throw every psychological trick in the book at you - limiting beliefs, cultural conditioning, big scary assumptions - in order to keep you in your safe emotional neighborhood. These forces aren't meant to be underestimated, but you have the strength and courage to confront them and rewrite your narrative.

But once you conquer your deepest fears, transformation will result in the ability to design the most rewarding life for yourself that aligns with who you're meant to become. You will be able to take that first step outside your neighborhood and experience a world that offers new perspectives and new opportunities and new, rewarding realities.

Next Steps

Congratulations on completing another step toward your exceptional future! What new insights did you gain through this process?



Additional Resources for Your Journey

Visit the resources section of the Exceptional Futures website, which has additional downloads on transformation, leveraging your cultural superpowers and other steps for building your exceptional future.

Sign up for one of our online courses around career empowerment, future planning, and other informative topics. These courses are self-guided and allow you to complete them at a pace that works for you.

If you crave some community and accountability in your journey, apply to be part of the Designing Your Exceptional Future program. This exclusive program is open for small groups of up to 10 participants and is offered at certain times of the year.

If you are excited to start and want a customized program for you, then consider an individual coaching program.



exceptionalfutures.com



linkedin.com/company/exceptionalfutures



hello@exceptionalfutures.com