

DEEPEN YOUR THINKING

QUESTIONS

It's not easy to think about how you can work purposefully on your development; the following questions can help you with this:

WHAT DO YOU WANT TO ACHIEVE FOR YOURSELF (BY USING THIS TOOL)?

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WHAT MAKES THE CURRENT SITUATION CHALLENGING FOR YOU?

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WHAT DO YOU WANT TO GET BETTER AT? WHAT WOULD YOU LIKE TO IMPROVE?

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WHAT'S ALREADY GOING WELL AND DOESN'T NEED TO CHANGE?

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WHAT'S YOUR (ULTIMATE) DREAM SITUATION? WHAT WOULD YOU DO DIFFERENTLY THEN?

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WHAT WOULD BE THE ADVANTAGE OF THAT DREAM SITUATION? FOR YOU AND/OR OTHERS?

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WHAT DO YOU NEED TO KEEP GOING ON? WHO CAN POSSIBLY HELP YOU WITH THIS?

EXERCISE

If you need an exercise to become more aware of your development, try this:

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Imagine a scale from 1 to 10, where 10 is the level of (ultimately) desired development and 1 is that you haven't achieved anything yet.

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Determine where you are now on that scale from 1 to 10; observe how that feels and think about what you've done to get to the point where you are now.

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Take the time to realize what has worked well to get to the point where you are now.

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Determine what the next step could be to move one point higher and think about how you and/or others would notice that this step has been taken.

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Ask yourself how you could take that step and whom/what you'd need to get there; write down the ideas that come to mind and create a plan for yourself.

Source:

Visser, C. (n.d.). *34 Progressiegerichte technieken* [34 Progress-oriented techniques]. Trainingsbureau Progressiegericht Werken. <https://progressiegerichtwerken.nl/34-progressiegerichte-technieken/>