



LCA Tool: Forward Focused Question Examples

Purpose: To assist in the practice of asking questions designed to pull ourselves and others to the front side of the energy circle.

Building Self Esteem

What are some of my greatest natural talents?

What have I accomplished in the past that I am proud of?

Who have I really helped out in the past?

What do I do particularly well?

What are some of the values that I consistently demonstrate?

Where have I pressed through the comfort zone in the past and really succeeded?

What is a recent important success and how did I achieve it?

What are some of the qualities that others admire about me?

Where have I overcome adversity and produced a brilliant result?

What am I grateful for?

What am I really good at?

What do I enjoy about _____ ? (spouse, partner, family, friends, pets, work, nature, boss , kids, hobbies, today, myself)

What are some of my greatest dreams about _____ ? (job/career, relationships, car, home, vacation/travel)

Your forward focused questions on building self esteem:



The Love, Courage & Achievement Project
“Rekindling the Human Spirit ... Transforming Dreams Into Reality”

Building Family

What are some of the qualities I most appreciate about each family member?

What were the times I most treasured being with my family?

What are some questions I could ask my children, siblings, parents or friends that would make them smile?

What can I do to be the very best dad/mom, brother/sister or friend today?

What are a few of the strengths that come out of our family bond?

Where is there an opportunity to heal a family relationship over time with FFQ's?

What are some of my own strengths when it comes to building family relationships?

Your forward focused questions on building families:

Building Kids

What is your favorite class at school?

What was the best part of your school day?

What are you really good at?

What do you most like about yourself?

What are you learning that really has your interest?

Your forward focused questions on building kids:



The Love, Courage & Achievement Project
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Building Teams...Building Sales

What do I especially appreciate about my customers?

How can I discover and satisfy my customers’ key motivations?

Where have I been especially strong in my sales ability?

What did I do that brought that successful result forward?

What are my specific sales objectives for this time period?

How does it feel to consistently exceed my sales goals?

Where has a customer been particularly satisfied with my efforts?

What are a few ways I can learn from past successes and apply this wisdom today?

What mental state do I want to be in when I call on my next customer and how can I create that?

What are a couple of ways I can support my team members in being even successful today?

What is a great sales technique I have discovered that I can share with my colleagues?

What is my specific action plan today that will exceed my own expectations?

How do I want to feel at the end of the day, for myself and the people I care about?

Your forward focused questions on building teams/sales:

*“Is it possible more good is done in our intelligent asking and heart centered listening,
than all the telling in the world?”*

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