



**BONUS
TOOLS!**

Burnout's Kryptonite

**The Great Big Beautiful List of
Radically Resilient Questions**

Thought-starter worksheet.

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Burnout's Kryptonite:

The Great Big Beautiful List of *Radically Resilient* Questions

Instant Mental Reset.

Build Rock-Solid Confidence.



**Think
Clearer**



**Think
Faster**



**Rock Your
Confidence**

Because you've read the book, it means that you are willing to make changes to **GetYourLifeBack**.

Through this tiny but mighty worksheet...

you'll become much more aware of your language patterns.

- 1) Start to notice your thought and language patterns in a whole new way.
- 2) Start to change the structure of your questions which means that you will begin to impact the quality of your life.
- 3) Start to use The Great Big Beautiful List of *Radically Resilient* Questions for quick mental resets.

Book your Complimentary Consult Call now at www.toolsofhope.com

Radically Resilient Thought Starter.

The quality of your question determines the quality of your answer. In order to get an instant mindset reset... you can ask better quality questions.

Thoughts spinning out of control?

Anger getting the best of you?

Can't think positively no matter how much you try?

These questions help when you're in trouble, thought-wise.

These questions will help you combat fear, confusion, anger, sadness.

These questions will help...

When things go horribly wrong.

When things just went wrong... again.

When you have no idea how to stay positive.

When you are sad and feeling discouraged.

When you want to understand, but can't. Life can seem so unfair.

When you don't know what to do.

When you can't get those visuals / sounds / feelings out of your head.

(Why is that, you ask? Because if you get the learning, you can let go of the negative emotion easier. It's the way our brains are built.)

When you want to get more learnings.

When you want to move forward.



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“Crappy” or Poor Quality Questions...

tear down / are negative / have no action

What are the go-to poor quality questions that you tend to ask? (either out loud or in your thinking?)

Unfortunately, these questions go fishing in the “crappy” quality pool .

Asking poor quality questions leads to nothing but poor quality answers, victim-thinking, and a stuck life.

Starter Word	Negative Structure	WHO you’re talking about	Blaming
Why	can’t	he / she / they	ever...
Why	doesn’t	she/he	ever..
Why	am	I	so...

Examples:

Why am I so... dumb / stupid / slow / fat / clumsy?

Why can’t I ever do this?

Why do things always go wrong for me?

Why can’t she ever ___?

Why doesn’t he ever ____?

Why won’t they ever _____?

Why am I never chosen?

Why me?

Why? Why? Whine. Whine. Whine.

Better Quality Questions...

build up / take ownership / are positive / take some action

Starter	Possibility Verb	Who	Positive Action
How / What	can	I / we	do / think / imagine...
How / What	could	I / we	create / learn / develop / ad-
How / What	might	I / we	shift / change / grow...
How / What	would	I / we	look / perceive, listen, feel,

Examples:

How might I look at this differently?

What is a different point of view?

How could I learn from this if I chose to?

What might I think differently?

What can I learn / do / say?

How could I respond in a healthier way?

What could I do to change my perspective?

How else could I look at this?

What could I learn from this?

Radically Resilient Questions...

**What I believe, I empower into my life.
When I ask better questions, it means I
get better answers.**

**When I use my language to power my
beliefs in a more positive direction, it
means that I build a stronger
foundation for my life.**

Radically Resilient Questions...

Radically Resilient Questions (RRQ's):

Build up / Develop new possibilities / Open up choice / Positive /
 Invite action / Create power and strength thinking.

Starter	Strong Verb	Who	Choice	Positive action
How	will / shall	I / we		think / imagine / shift / practice / work on / commit... ?
What	am	I	willing to	do / create / learn / develop / make / look / perceive / feel / sense...?
What	are	we	going to	celebrate / delight / learn / change...?
How	am/are	I / we	choosing to	Show / demonstrate / love / appreciate / forgive... ?

THE GREAT BIG BEAUTIFUL LIST

of *Radically Resilient* Questions:

1. How WILL I choose to answer / act / communicate?
2. What WILL I choose to think / feel?
3. What DO I want to be in this moment?
4. How AM I going to show up?
5. How will I choose to see this differently?
6. What will I choose to learn from this?
7. How am I going to respond?
8. What are my options?
9. How can I adjust to this situation?
10. What else could I consider?
11. What ELSE could I do?
12. What other options are there?
13. What other options do I have?
14. What is another choice?
15. What will I decide to do THIS time?
16. What will I decide to do NOW?
17. What will I decide to do next time?
18. How am I going to change this going forward?
19. How can I serve and add value?
20. What will make the biggest difference right now?
21. What assumptions am I making?
22. How am I willing to acknowledge the learning in the midst of this?
23. How else could I be thinking about this?
24. What else might be happening that I have no clue about?
25. What might have happened that cause this?
26. What does this mean for this relationship?
27. How could I show up differently and break the negative pattern?
28. How shall I be more curious next time?
29. What will I put into place so that this doesn't happen again?
30. What am I going to commit to that will change the outcome?
31. What does this mean?
32. What is the advantage for me in this?
33. How does this change me?
34. What should I be seeing?

35. What do I need to hear here?
36. What stance do I choose to take?
37. How will I stop complaining and start repairing?
38. How will I control my OWN attitude?
39. How will I choose to stop the gossip and start building up?
40. What could we do together?
41. How could I cooperate differently?
42. What shall I try instead?
43. How would I rather do it?
44. What would I prefer instead?
45. Even now, how do I keep my head on straight?
46. What is this telling me about things I want to change about myself?
47. What would I have to believe in order to be feeling like this?
48. What is my part in this?
49. What am I being invited to let go of?
50. What is the learning here?
51. How can I hold onto the learning and let go of the negative emotions?
52. What is the learning here?
53. What is a super creative way that I could go about solving this?
54. How could we team up on this instead of fighting?
55. What is TRULY important here and how can I show that?
56. How do I “pick my battles” on this one?
57. What is really going here behind the scenes?
58. How am I blowing this out of proportion?
59. What baggage is this bringing up? (because if I’m honest, I’m over-reacting on this one.)
60. What judgements am I making that are making this whole thing worse?
61. What am I going to choose to do with those judgements?
62. How am I going to cut myself some slack on this instead of beating myself up?
63. How could we come together as a team on this?
64. How shall I love them regardless?
65. How will I focus on loving myself?
66. What will I do to ensure that I am in the best possible place to be making this decision?
67. How will I make sure I am in the right frame of mind to follow through?

And the last one on

THE GREAT BIG BEAUTIFUL LIST

of *Radically Resilient* Questions?

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68. ***My personal all-time favorite***

Not sure if this every happens to you, but when I am struggling, I can't really remember a whole list of questions. So my "go-to" is the learning.

IT'S ALL ABOUT THE LEARNING, isn't it?

I know you're curious. My ALL-TIME FAVORITE, GO-TO *RadicallyResilient* QUESTION:

What is the positive learning?

(What am I learning? What is the learning?)

What is there to learn from this, that, if I learn it, I can let go the negative emotions that have me wrapped around the axle?

How can I learn from this and move on easier?

What will I learn from this so it never happens again?

What will I put into place based on what I learned so that it's different next time?)

Ok. Seriously. I know that's more than one question. My point is that if you put the word learning in there, you just need to make up a question about the learning, don't you? Learning is the only thing you need to remember. If and when you get the learning, the emotion can die down and you get your instant reset. Nice, huh?

Build Rock-Solid Confidence.

Burning out isn't fun. Burning out wrecks your life—various parts of it.

I get it. I've been there. No fun. Do something different.

Get the tools. Use the tools. Rock your confidence.

You can so do this. My passion is sharing tools & resources. Want more?
Book your consult call now. Free. Fun. Fruitful. Get on the phone and chat.
UpYourGame. RaiseYourHappy. GetYourLifeBack. www.toolsofhope.com

Thank you for who you are and what you do.

Blessings to you and the work of your hands, *ANA-CHRISTINA*

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