

21 Questions: A New Way of Thinking About Your Midlife



Asking questions is at the very heart of coaching. A coach's philosophy is that you are the expert on your life. You have all the answers to the questions that need to be asked. My role within this book is to help you uncover them by giving you a different perspective on your life by asking powerful questions. It's about raising your awareness, your curiosity and opening your mind. Change isn't easy, if it were, everyone would be doing it, right? Have courage though, pace yourself, there is no hurry to rush through the questions. Spend some time in thought, make notes, keep a journal, go for a run, have a shower.....do whatever you need to do to allow your mind to reveal the answers to you. Above all be curious!

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