

Pick the three most important events or strongest emotions you've experienced in the past month and answer questions above and below the water line, as applicable.



Above the Water Line

(Factual – IQ)

- What happened?
- When did it happen?
- Where did it happen?
- How did it happen?
- Who was involved?
- What are next steps?

Below the Water Line

(Emotional – EQ)

- How did it impact you?
- What emotions did you experience?
- How might you have contributed to the situation?
- What emotions are you experiencing now?
- What other relationships does it impact?
- Where do you feel most vulnerable, confused or emotional?
- How is the situation in (or out) of alignment with your core values?
- What do your gut instincts tell you?
- What is the outcome you most hope for?
- What is your percent confidence that you will reach your desired outcome? (0% - 100%)

	Above the Water Line	Below the Water Line
1		
2		
3		