

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		