

**THINK  
CLEARLY**

# **Question Cards**

# 0 How to use

# Why reflection

We believe that reflection is the most powerful, efficient and effective tool for optimizing individual clarity and group learning. It is a structured way of processing experiences. From anything as short as a half hour meeting to a full week of work. Take 5-15 minutes to pause and let your mind harvest the insights and turn them to action.

# 0 How to use

# How to reflect

Grab a pen and notebook. Start with the cards in section 1 Beginnings. Pull a card. Try writing/drawing for 2-3 minutes without pause. Do it slowly and just keep pouring it out. Don't judge what comes out. Just observe. You can do 1, 2 or 3 cards from each section, depending on how much time you have.

# 0 How to use

# Group reflection

Guide people through individual reflection questions with pen and notebook, from beginnings and feelings to insights and actions. Play some soft music. Initially try with 8-10 minutes total. When people get used to it, you can take more time. Encourage everyone to be quiet and stay seated. There is real value if the sense of group focus.

# 0 How to use



# Group sharing

Sit in a circle. In no particular order let everyone share their feelings, insights and actions. Do not allow anyone to comment or start a discussion – we have plenty of that in our lives already. In reflection what is shared is valid and true for the one sharing it and should be left as such. Simply listen and be inspired.

# 1 Beginnings

**What are my  
gifts to the  
world?**

# 1 Beginnings

**What do I  
wish would  
be different?**

# 1 Beginnings

**Draw a  
timeline of  
what has  
already  
happened**

# 1 Beginnings



**How exactly  
would I  
spend \$1  
billion?**

# 1 Beginnings

# Where do I come from?

Answer this five times

# 1 Beginnings

# What is happening right now?

What do I see?

What do I hear?

# 1 Beginnings

**What is my  
role in this?**

# 1 Beginnings



**What  
patterns do I  
notice?**

# 1 Beginnings

**What are  
my expecta-  
tions?**

# 1 Beginnings

**What do I  
currently  
believe to be  
true?**

About myself? About the world?

# 2 Feelings

**How did it  
make me  
feel?**

# 2 Feelings



**What do I  
love?**

# 2 Feelings

**Draw a graph  
of your  
emotional  
experience**

# 2 Feelings

**What were  
my high  
points?**

# 2 Feelings

**Who gives  
me energy?**

# 2 Feelings



**Who drains  
my energy?**

# 2 Feelings

**What kind of  
energy am I  
bringing?**

# 2 Feelings

**What doubts  
do I have?**

# 2 Feelings

**What am  
I happy  
about?**

# 2 Feelings



**What am I  
sad about?**

# 2 Feelings

**What am  
I worried  
about?**

# 2 Feelings

**What am  
I excited  
about?**

# 2 Feelings

**What made  
me feel  
frustrated?**

# 2 Feelings



**What am I  
proud of?**

# 2 Feelings

**What am I  
ashamed of?**

# 2 Feelings

**What am I  
grateful for?**

# 3 Insights

**What  
triggered  
these  
feelings?**

# 3 Insights



**What do I  
need? Who  
has it?**

# 3 Insights

**How can  
I best  
support and  
contribute?**

# 3 Insights

**What am  
I here to  
learn?**

# 3 Insights

# What is truly important to me?

List your priorities in order

# 3 Insights



**What were  
my most  
powerful  
insights?**

# 3 Insights

**What are  
my assump-  
tions?**

# 3 Insights

**What is in  
and out of  
my control?**

# 3 Insights

**What is my  
choice?**

# 3 Insights



**Why am I  
here?**

# 3 Insights

**Who do  
I want to  
become?**

# 3 Insights

**Which beliefs  
are holding  
me back?**

# 3 Insights

**What is  
left when I  
remove all  
judgment  
of good and  
bad?**

# 3 Insights



**Imagine it  
10x bigger.  
Twice.**

# 4 Actions

**What am I  
going to do?**

# 4 Actions

**Which  
decisions am  
I not making?**

# 4 Actions

**Draw a  
timeline of  
the future  
exactly as I  
want it**

# 4 Actions



**Which  
struggles will  
I choose?**

# 4 Actions

**What do  
I wish to  
believe?**

# 4 Actions

**Where do  
I want to  
focus my  
attention?**

# 4 Actions

**When is my  
deadline?**

# 4 Actions



**What will  
success look  
like?**

# 4 Actions

**Who can  
help me with  
this?**

# 4 Actions

**Who will I ask  
to hold me  
accountable?**

# What is this?

This is a deck of cards. Each card has one powerful question or prompt. Use these cards to get clarity for yourself and others. Further instructions included inside.

Created by Mathias Jakobsen and Dave Gray. Question Cards version 1.2. CC-BY 4.0

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