



Journal Prompts

Susan
DUNLOP

- Most of your career has been in _____. Did you have a dream as a child to work in that space?
- What led you to the _____ (industry/profession)? What intrigued you to work in that industry, and what did you love about it?
- What companies have you worked for in your industry/profession that stands out as understanding and 'doing' all three of the A, B and C Dimensions of leadership and communication, as we teach it in The 3 Vital Questions work, and do it well? [\[find out more about the C Dimension\]](#)
- Have you ever dreamed of doing something important for yourself, but your inner critic stopped you? Talk about that dream and what got in your way.

Howard Thurman's quote is one of my favourites: 'Don't ask yourself what the world needs. Ask yourself what makes you come alive and go do that because what the world needs is people who have come alive.'

- To get to where you are today, your dream of _____, who have you asked for help from, or learned from, or been mentored by, and what would be your top 1 or 3 biggest life-changing lessons you took from that for you?

Bob Anderson's statement 'the world order is imploding... we need to reinvent our fundamental relationship with ourselves and our planet.'

- How do you see we might start making that shift towards reinvention, as Bob suggests?
- What fills you up outside of you delivering your craft?
- Do you have any passion projects or a magnificent vision you are working towards now?
- What is one thing the people you work with wouldn't guess about you?
- What's your favourite sing-out-loud in the car song?
- What's your go-to mantra or affirmation to get through a challenge?

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