



## Podcast Episode 009 – The Unknown Reflection Questions from Episode

**This question summary is a distilled list of questions asked or mentioned in the podcast episode. They are included in the main show notes with context. The following are shared in this take away document assuming you listened to the show.**

### **Your reflection on the examples in the podcast**

So are you the person who looks up on Google and finds out what's on the menu and already has your meal ordered, knows exactly where you're going to sit at the table? Or are you the person who says, just tell me where I'm going and I'll see you at the time you tell me?

### **A bigger decision or situation...**

Just think about the idea of complete difference between one form of living and then the other and how do you deal with that?

### **Your work or career...**

How do you deal with the unknown in this area?

### **Overall reflection so far...**

What do you already know from yourself that is right, right for you?

What do you know within you that helps you get to where you need to go in the future or today or tomorrow?



## Podcast Episode 009 – The Unknown Reflection Questions from Episode

### Questions to ask in the moment

How am I in this experience?

What do I need to do now?

Why am I doing this?

Who am I in this journey now? How am I travelling in that?

How am I responding, moving through, navigating this journey of being this person I am in this situation?

What within me is driving this choice?



## Podcast Episode 009 – The Unknown Reflection Questions from Episode

### **In transition?**

What are you actually dealing with right now?

What transition are you going through?

What does this transition look like in a more generic perspective?

Who am I in all this change that I'm going through or seeing or experiencing?

Who am I or how do I stay true to myself?



## Podcast Episode 009 – The Unknown Reflection Questions from Episode

### **Working with the known and unknown**

How do you work with the known in the face of unknown and uncertainty and lack of control?

How do you have a relationship with yourself?

How do you get a sense of yourself and the you that you meet with you every day from different perspectives? How do you know this person?

What ways do you use to navigate the unknown?

What have you noticed already about your approach?

What works and what doesn't work?



## Podcast Episode 009 – The Unknown Reflection Questions from Episode

**So when things happen, how do you respond?**

What feels right for me right now?

Then how do you place yourself in this situation?

How do you choose to respond to the circumstances?

How do you engage?

How do you hold yourself?

How do you see and from this place that you're in, what is coming forward towards you?



## Podcast Episode 009 – The Unknown Reflection Questions from Episode

### Self care techniques that work for me

Exercise?

Meditation?

Reflection / contemplation?

Journaling?

Discuss with a supportive friend?

Coaching?

Mentoring?

Therapy?

What supports you and what does not?

Who are the people I can go to in my life for support?

How do I take action to ensure I have the support I need?



## Podcast Episode 009 – The Unknown Reflection Questions from Episode

### Some final questions

How do you want to know in the face of the unknown?

Are you the person who wants to know the menu before you go to the restaurant or are you the one who wants to be surprised when you get there?

Do you want to play with both ends of that spectrum? Are you in the middle?

What one thing can you do starting today that will help you deal with your response or your reaction to what is unknown? One thing.

Then if you find that one thing, can you practise it, try it, play with it, see how you go. That's all just one thing and how do you manage that within you and do what's right for you.

### A self supporting practice of your own

What do you feel is a practice or process you can include in your day to day self care that helps you stay grounded, centred and ok facing the unknown?

If you do not have an idea what at this point is drawing you into a new direction or peaking your curiosity?

With this interest what can you do to explore ways to self care?