

Facilitator Guide: Five Questions

Introduction: Why the Five Questions Matter

You Say:

"Sometimes we act on impulse or go through the motions without pausing to ask ourselves the deeper 'why' behind our choices. The Five Questions tool helps us reflect on how a behavior fits, or doesn't fit, with our goals, values, and long-term well-being.

Today, we'll walk through five powerful questions that can help build awareness, support better decisions, and strengthen motivation."

Key points to highlight:

- This tool encourages **reflection, not judgment**.
- The questions are especially helpful for building **insight and motivation**.
- There are no right or wrong answers, just honest exploration.

Step 1: Introduce the Five Questions

You Say: "Let's take a look at each of the Five Questions. You can answer them for yourself, or we can use a shared example to discuss as a group."

Write or display the questions:

1. **What do I want for my life?**
2. **What am I doing to get what I want?**
3. **Is it working?**
4. **If not, what can I do instead?**
5. **Am I willing to try that?**

Facilitator's Role:

- Present each question one at a time.
- Allow participants to respond verbally or reflect silently.
- Normalize mixed feelings or uncertainty.

Step 2: Group Exploration – One Question at a Time

You Say: "We'll go through each question slowly. You can think about your own behavior of concern or follow along with a group example."

- Ask **Question 1:** "What do I want for my life?"
 - Prompt with long-term goals, values, relationships, peace, freedom, stability.
- Ask **Question 2:** "What am I doing to get what I want?"
 - Explore whether current actions support or conflict with their vision.
- Ask **Question 3:** "Is it working?"
 - Be open to honesty. Not everything needs to be working perfectly.
- Ask **Question 4:** "If not, what can I do instead?"
 - Brainstorm small, doable changes—not major life overhauls.
- Ask **Question 5:** "Am I willing to try that?"
 - Invite openness to change, even if it's just a first step.

Facilitator's Role:

- Gently reflect and summarize what participants share.
- Affirm effort, honesty, and curiosity.
- Avoid pushing solutions—let the process unfold.

Step 3: Connecting It Back to Motivation

You Say: "These five questions are like a personal check-in. They can help you pause and reflect before a decision, or after a setback, or just when you're feeling unsure."

Ask the group:

- "Which question stood out to you the most?"
- "Did anything surprise you about your answers?"
- "How could these questions help you next time you face a tough moment?"

Facilitator's Role:

- Reinforce that this tool is about **clarity, not criticism**.

- Highlight that willingness to try—even imperfectly—is key.

Closing the Exercise

You Say: "You can use the Five Questions anytime—on paper, in your head, or in conversation. They're a simple way to get back to what matters and consider whether your actions are getting you closer to the life you want."

Optional Reflection Questions:

- What's one small thing you're willing to try this week?
- What does 'what I want for my life' look like today?
- How can I remind myself of these questions in moments that matter?

Facilitator Quick Tips:

- Keep the tone open and curious—not evaluative.
- Allow space for silence and reflection.
- Encourage writing down the questions for personal use later.
- You may encourage participants to do this exercise on their own after introducing the Define Your Values tool, as this is a nice follow up.