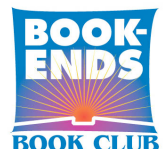


# Change Your Questions Change Your Life

Marilee Adams

---

1. As the interview begins, the author makes the point that the questions you raise will lead you into a particular direction. Can you think of a time that a different question would have taken you in a different direction? Describe the difference.
2. Marilee's most notable quote is "A world of questions is a world of possibility". What does that quote mean to you? How does it apply to your leadership style?
3. The author discusses the difference between leading with questions versus leading with answers. Which type of leader are you? Do you offer more answers or questions? How does each approach impact your team?
4. To institute Marilee's Question Shift it is important to develop the Observer Self. Can you think of times you found yourself observing your thinking process? Share an example and discuss the power of this ability. How can you strengthen this?
5. The author suggests that Question Shift relies on mindset and describes two - the Judger and the Learner Mindset. Discuss your understanding of each and how they impact your choice of using questions when leading your team. Which mindset do your team members tend to favor? Can you help them move to using the Learner Mindset more often? How?
6. Marilee offers a model to implement her research - ABCC. Awareness > Breathe (step back) > Curious > Choose. Describe times in your leadership experience where this model could have made a significant difference in results.
7. How would you describe the difference between the author's concept of Q-storming and traditional Brainstorming? Do you see ways to use this on your team?
8. What was the most significant idea you gained from this book or the interview with the author?



To listen to the Bookends interview go to: <http://www.bookendsbookclub.net>