

13 thought-provoking “What If...” questions to inspire change.

Thirteen questions, with room to describe what the answer looks, sounds and feels like — and to name the action you can take today.



Robert Butwin, Success Strategist

[linkedin.com/in/robertbutwin](https://www.linkedin.com/in/robertbutwin)

How to use this workbook

Take one question at a time. Read it slowly, twice, and answer as though the change has already happened.

The first prompt asks you to describe the answer in the senses — what you would see, hear, feel, smell and taste if it were true. Specifics matter more than sentences.

The second prompt asks for action you can take today. Small and immediate beats large and someday.

Date your answers. Come back in ninety days and read what you wrote.

ONE RULE

Answer honestly, not impressively. No one else has to read this.

QUESTION 01

What if I am capable of far more than I have allowed myself to believe?

Describe how that look/sound/feel/smell/taste like.

Action(s) I can take today to move that forward.

QUESTION 02

What if the life I want requires me to become a different version of myself?

Describe how that look/sound/feel/smell/taste like.

Action(s) I can take today to move that forward.

QUESTION 03

What if my current habits are quietly creating my future results?

Describe how that look/sound/feel/smell/taste like.

Action(s) I can take today to move that forward.

QUESTION 04

What if the people I spend the most time with are shaping my income, confidence, attitude, and opportunities

Describe how that look/sound/feel/smell/taste like.

Action(s) I can take today to move that forward.

QUESTION 05

What if I stopped letting fear make my decisions for me?

Describe how that look/sound/feel/smell/taste like.

Action(s) I can take today to move that forward.

QUESTION 06

What if my comfort zone is costing me the success I say I want?

Describe how that look/sound/feel/smell/taste like.

Action(s) I can take today to move that forward.

QUESTION 07

What if I focused less on being impressive and more on being valuable?

Describe how that look/sound/feel/smell/taste like.

Action(s) I can take today to move that forward.

QUESTION 08

What if I stopped waiting for the “right moment” to begin?

Describe how that look/sound/feel/smell/taste like.

Action(s) I can take today to move that forward.

QUESTION 09

What if I treated my health, time, relationships, and reputation as my most important assets

Describe how that look/sound/feel/smell/taste like.

Action(s) I can take today to move that forward.

QUESTION 10

What if I took full responsibility for the outcomes in my life?

Describe how that look/sound/feel/smell/taste like.

Action(s) I can take today to move that forward.

QUESTION 11

What if I reached the end of my life having never really tried?

Describe how that look/sound/feel/smell/taste like.

Action(s) I can take today to move that forward.

QUESTION 12

What if the relationship I need most is only one conversation away?

Describe how that look/sound/feel/smell/taste like.

Action(s) I can take today to move that forward.

QUESTION 13

What if, one year from now, I am living the consequences of the choices I make today?

Describe how that look/sound/feel/smell/taste like.
