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**Stage 0 (before you start the conversations - optional):**

Questions for **eliciting resources** (example questions):

1. When were you acting as a hero lately?
2. What was your favourite teacher's opinion about you?
3. Tell a story about a skill that you've got and is unique to you, but you would not put it in your formal CV.
4. Quote a compliment you got that changed your life.

**Stage 1: (example questions):**

1. What are your best hopes from our work together?
2. What would you like to get from today?
3. How would you know our talking together was useful.

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**Stage 2: Preferred future (example questions):**

1. Miracle question: Suppose you woke up tomorrow and a miracle happened and (your best hopes) start happening. What would be the first sign you'd notice?
2. More simplified version: Suppose you woke up tomorrow and (insert your best hopes) start happening.
3. How would you know? What would be the first sign to tell you something's different?
4. What would you see yourself do on a day like that?\*
5. What difference might that make?
6. Who beside you would be the first to notice that a miracle's happened?
7. What would they notice?
8. How would they respond?
9. What effect would their response have on you?
10. What else would be different?

\*And repeat the sequence from question 4 onwards as many times you can/want.

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**Stage 3: Instances of success (sample questions)**

1. On a scale from 0-10 where 10 is (your best hopes the way you described it in Stage 2) and 0 is the worst it's ever been, where are you now?
2. What makes it a X and not lower?
3. What have you done to get to X?
4. What skills, abilities and resources has it taken to get to X?
5. What has been helpful on the way?

**Signs of progress (Stage 3 continued):**

6. How would you know if you moved to X+1?
7. What would you be doing at X+1?
8. Who would notice you were at X+1?