

# WILLINGNESS QUESTIONS

Are you willing to shift above the line? Most often we want to shift, our heads say yes. But before you do, ask yourself these specific willingness questions to discover if you are fully willing to create a shift around your issue.

1.

Are you willing to **take 100% responsibility** (not more or less than 100% responsibility) for this issue?

Are you willing to **stop blaming** and criticizing others and yourself?

2.

Are you willing to **let go of being right?**

Are you willing to **get more interested in learning** than defending your ego?

3.

Are you willing to **feel all of your authentic feelings** (fear, anger, sadness, joy, sexual Feelings)?

Are you willing to **allow others to have all of their feelings?**

4.

Are you willing to reveal to others all of your **withholds**?

Are you willing to **speak unarguably?**

Are you willing to **listen** consciously to others?

5.

Are you willing to **stop all gossip** about this issue?

Are you willing to clear up all past issues with all relevant parties using the **clearing model?**

6.

Are you willing to clean up all **broken agreements** related to this issue?

Are you willing to **renegotiate all agreements** related to this issue that you no longer have a whole body yes to keeping?

Are you willing to only make agreements about which you have a **whole body yes** and around which you have control?

7.

Are you willing to shift from entitlement to **appreciation** about this issue?

Are you willing to place your attention on how this issue is **here for your learning?**

Are you willing to **let go of all past resentment** and replace it with genuine appreciation?

8.

Are you willing to let go living in your zones of **incompetence, competence or excellence?**

Are you willing to live primarily in your **genius?**

9.

Are you willing to let go of **taking this issue seriously?**

Are you willing to treat this issue lightly and to **play** with it?

Are you willing to have this issue resolve **easefully** and effortlessly?

Are you willing to honor your rhythms of **rest and renewal**; sprint and recovery around this issue?

10.

Are you willing to see that the **opposite of your story** is as true or truer than your story?

11.

Are you willing to experience **no lack** of approval, control and security?

Are you willing to let go of **seeking approval, control and security** from the outside?

12.

Are you willing to let go of **beliefs in scarcity**?

Are you willing to experience that you have **enough of everything?**  
Are you willing to quit playing a zero sum game regarding this issue?

13.

Are you willing to see that everyone and everything related to this issue are your **allies**?

14.

Are you willing to **let go of win/lose** (competing) and **lose/lose** (compromising) views regarding this issue?

Are you willing to create authentic **win for all** resolutions for this issue?

15.

Are you willing to **be the resolution** that you are seeking regarding this issue?