Daily Awareness Practice

Asking Better Questions

1. What pissed me off today?
____________________________________________________________________
____________________________________________________________________

2. What happened that brought me happiness or contentment?
____________________________________________________________________
____________________________________________________________________

What choices did I make today that lead to these events?
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____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

Which needs were met?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

Which needs went unmet?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

What do I want most that I am not getting right now?
____________________________________________________________________

What can I do / choose to get these needs met tomorrow? Next week? Next year?
____________________________________________________________________

Inspired by the work of Marshall Rosenberg, Ph.D. and Manfred Max-Neef, Ph. D., Chilean economist
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