

4 Crazy Questions Worksheet

Note for coaches: You can do this as the “2 Crazy Questions” described in the textbook, simply by asking the first two questions.

.....
NAME

.....
DATE

1. What is GOOD about NOT changing?

What is working for you with the status quo? What are the benefits of staying the same?

2. What would be BAD about changing?

If you changed, what might you have to give up or lose? How would your regular routine be disrupted?

3. What might be GOOD about changing?

If you changed, how would that be helpful or beneficial? What new opportunities or possibilities could open up?

4. What might be BAD about NOT changing?

If you didn't change, what bad things could happen? If you keep going the way you're going, what might things look like in the future (say, 10 years from now)?