

Tune-In Interview Protocol

Spring 2021

Warm up

Ask a few questions to get to know them and make them feel comfortable talking to you (like, How is your day going? What have you been doing today? What are your holiday plans for the summer? Etc.)

What do you seek?

What kinds of things do you enjoy in your life right now? When do you feel the best about your life? ☐ **How do those influence what you are committed to?** (feel ☐ love)

When your life is going very well, what are you doing? ☐ **What motivates you to grow and work on your life?** (do ☐ become)

What is most important to you right now? ☐ **What would you like for your life more than anything else?** (know ☐ believe)

What gives you meaning and purpose?

What experiences have you had that have given you a sense of purpose and meaning for your life? ☐ **How has that influenced who you want to become as a person?** (do ☐ become)

What have you discovered about yourself recently that surprises you? ☐ **What kind of person do you see yourself to be? What kind of person would you like to be in the future?** (know ☐ believe)

What are you feel most proud of in your life? ☐ **What is most valuable or precious to you in your life?** (feel ☐ love)

Where is your pain?

What do you not like about yourself? ☐ **If you could change yourself, what would you change?** (feel ☐ love)

What are you least satisfied with in your life right now? ☐ **What would make you happier in your life than you are right now?** (feel ☐ love)

What are the biggest challenges you face right now? ☐ **How do you wish you could respond to them?** (do ☐ become)

What is your frustration?

What doesn't make sense in your life right now? ☐ **What is hardest to accept about how your life is going right now?** (know ☐ believe)

What kinds of things keep your life from going well? ☐ **How do you wish you could change yourself to be able to accomplish what you want for your life?** (do ☐ become)

What is most frustrating to you or painful to you about your life right now? ☐ **How does that frustration or pain affect you deep down?** (feel ☐ love)

What do you hope for?

When you think about your future, what do you want most for your life? ☐ **What would make your life successful?** (know ☐ believe)

What are your goals for your life? ☐ **How are you going to reach those goals? What is that going to require of you as a person?** (do ☐ become)

What makes you most excited about your future? ☐ **What do you hope for the most?** (feel ☐ love)