

Core Anchor Question (always present)

- What did you notice
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Body / Somatic Awareness

- What did you notice in your body
 - When did you notice your breathing
 - Where did you feel tension, ease, or shift
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Memory / Meaning

- What did you notice that felt like remembering
 - What felt familiar in a way you can't fully explain
 - What did you notice that connects to something older or deeper
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Energy / Lift

- What did you notice that gave you a lift
 - What moments felt light, energising, or quietly satisfying
 - Where did your energy rise or fall
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Emotional / Relational Signals

- When did you notice a shift in yourself in response to someone else
 - What tension or relaxation showed up in interaction
 - What might that signal be pointing to
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Professional / Craft Reflection

- Where did you move from asking into telling
- What pulled you in that direction

- What was happening just before that shift
 - What changed (or didn't) after the shift
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Pattern Recognition

- What patterns are starting to repeat
 - What are you seeing more clearly over time
 - What are you not returning to, and why
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Metaphor-Based Noticing

- If the day had a colour, what would it be
 - If the day had a texture, what would it feel like
 - If the day were a type of weather, what would it be
 - If the day were a movie genre, what would it be
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Challenge / Deepening Prompts (where I tend to push you)

- What are you not noticing yet
- Where might you be simplifying too quickly
- What feels slightly uncomfortable to stay with
- What would it look like to take this one layer deeper