

WHAT SO WHAT NOW WHAT

3 questions to move toward transformation

what

OBSERVATIONS

Describe, in your own words, the experience, insight, or new-found truth.
When did you become aware of this/what were the circumstances?

so what

IMPACT

What is the impact or significance of the experience, insight, or new-found truth?
Why is that so important?

**now
what**

TRANSFERENCE

Transference is the application of an experience, skill, or knowledge.
How might this experience, insight, or new-found truth be useful in your future?
How can you implement this new wisdom into your life today?