

27 Questions to help you unlock your peak experience

These questions can help you get into the specifics of your peak experience because with this type of reflection, details really matter. Don't get overwhelmed though. You don't have to answer every single question. Just choose the ones that resonate with you the most.

1. What did you do before, during, and after the experience?
2. Was it a one-time event or an ongoing project?
3. What was the process like?
4. Was this something new to you? Or something you had experienced before?
5. What thoughts did you have before, during, or after?
6. What feelings did you have before, during, or after?
7. What did you enjoy most about it?
8. What about your impact was most satisfying?
9. How does this connect or not to some of your core values?
10. How would you define the subject matter of what you were working on?
11. What does that say about the kind of topics or issues you're most interested in?
12. How were you able to do what you did?
13. What did you notice about how you worked?
14. Who did you serve?
15. Was there something about this kind of person that motivated you?
16. Did you work alone or did you work with someone else? If you worked with someone else, who was it? Individual? Group?
17. How would you describe these people? What did you find most helpful about working with them?
18. Did you get feedback from others about what you did?
19. What did they say to you?
20. What was most meaningful about what they said to you that you resonated with?
21. How do you think you approached this task uniquely that maybe someone else wouldn't have done in the same way?
22. What kind of training, skills, or expertise did you bring?
23. How might you further develop those things?
24. What are three adjectives you would use to describe your experience?
25. What would you change about this experience?
26. What would you absolutely want to do again?
27. What's one thing you can do to try to recreate this experience?

