

## **SHINE: For You, For Others, For the World – Coaching Questions**

This document contains a list of the coaching questions from the book Shine: For You, For Others, For the World, by Jillian Shields. It is designed as a reference list to accompany the book, which gives the full context. The separate resource – Write Your Light Story – available on [www.jilshi.com](http://www.jilshi.com) - helps you to bring your answers together.

**PART 1**  
FOR YOU



## CHAPTER 1

### What Is Light?

**QUESTIONS**

**Have you ever thought about the essence of you?**

**Have you ever thought that light could be a currency, or energy, in you or in your life?**

## CHAPTER 2

### Find Your Light

#### QUESTIONS

##### *Your Light*

**How do you express your light?**

**Do you express it overtly or do you express it in more of a hidden way?**

**When do you think you shine brightest in your life?**

##### *Light in Others*

**Can you think of someone you would describe as being ‘lit up’?**

**Can you think of a time someone may have experienced something as a result of what you did?**

##### *Your Best Light*

**When do you shine the brightest in your life?**

**How would your life be different if you truly believed in, loved, and valued yourself?**

##### *Clues to Your Light*

**Do you think how you live ‘externally’ holds any clues to who you are inside?**

**If you wrote a ‘life description’ for yourself, what would be on it?**

**What do you think comes out of you despite yourself?**

**What light is changing in your life?**

**What messages do you think it could be giving you?**

**What’s the most beautiful light you’ve seen in the world?**

##### *The Seeds Inside*

**Do you remember any early talents?**

**How do they relate to who you are now?**

**Do you still have your school reports?**

**What did your teachers say about you?**

**Do you think there are any little seeds within you worth going back to?**

##### *Light Interactions*

**Have you met a truly passionate person?**

**Do you think you are passionate about anything?**

**What do people tell you you’re good at?**

**Has someone ever suggested a change of direction to you that turned out to be really meaningful?**

**Do people come to you to ask for help?**

**Do they identify what you can help with?**

***Be Not Do***

**Do you think you have found your light?**

**Can you remember a time when someone told you you'd really shone?**

**What were you doing?**

**What does success mean to you?**

**Have you had any 'secret success'?**

***Finding the Light***

**Can you remember a time you felt truly content?**

**How did it feel?**

**When do you feel 'most you' in your life?**

**Do you have a vision for your life?**

**Do you think you're living your life for someone else or truly for yourself?**

***Listen to Your Light***

**Do you think you are in touch with your own light?**

**How could you get more in touch with it?**

**Do you think you listen to your life?**

**Where do you feel safe to shine?**

## CHAPTER 3

### Feed Your Light

#### QUESTIONS

**Do you celebrate yourself, just for being you?**

**Do you capture the best of all you are?**

#### *Past Light*

**Do you have old videos, school reports, or things you wrote and drew that remind you of who you used to be?**

**Do you only see them as an adult or can part of you also remember them as a child?**

#### *Feed Your Light*

**What feeds your light?**

**How do you get the best out of yourself?**

**Do you have a 'good box' or similar?**

**Could you create one?**

**Do you tone yourself down for other people?**

**What might your life look like if you didn't?**

#### *Lean in to Your Light*

**Have you ever tried a light meditation?**

**Do you have an example of when you've 'added light' to an experience by enhancing it in some way?**

**Do you have an experience coming up that you could try this with?**

**How do you respond to friction and competition?**

#### *Your Light Toolkit*

**What's in your light toolkit?**

**What is your 'recipe' for taking care of yourself?**

**Do you evaluate your year?**

**If you had a string of 10 clips with fairy lights attached, what moments from the past year would you attach to them to carry forward?**

## CHAPTER 4

### Focus Your Light (The Beam)

#### QUESTIONS

**What is life too short for you not to do?**

**If you could pick one or two elements of yourself to showcase and shine, what would they be?**

**What is the story of you?**

**If you were to think of your beam, how would you visualise it? A torch, lantern, lamp, or flame?**

**Do you think you tend to focus more on helping one person or on helping many people?**

#### *Switching Off*

**What lights do you need to turn off?**

**Where are you shining into darkness?**

**Where is nothing coming back?**

## CHAPTER 5

### Live Your Light

#### QUESTIONS

**Can you think of a time you've truly trusted yourself?**

**What are some things ('parts') you think you can do?**

**Can you recognise a period that you felt might be 'your time'?**

**What do you believe is yet to come for you?**

#### *Future Light*

**What's the most fun new thing you have ever tried?**

**Were you better than you expected?**

**What do you think has been your biggest ever attempt to shine?**

**What seeds of your future do you think you may already have planted?**

**How might you incorporate experimentation into your life?**

#### *Shining Enough*

**Who inspires you?**

**Do you think you accept any limits in your life, for example, your age or stage of life?**

**Can you let them go?**

**Do you believe you are already enough?**

**If you don't, what if you did?**



## CHAPTER 6

### Keep Shining

#### QUESTIONS

**Can you think of a time your light felt dull?**

**How did you keep going?**

**What tools help you to keep shining?**

**What is your favourite quote about light?**

#### *Reigniting*

**What soft, gentle glows are beginning in your life?**

**What little flames in yourself do you need to protect to make sure they take hold?**

**Do you think you give your light away?**

**If so, do you give away too much, not enough, or just about the right amount?**

**What future light can you dream ahead to?**

## CHAPTER 7

### Darkness

#### QUESTIONS

**Have you ever had your light attacked and, if so, how did you deal with it?**

**Have you ever dimmed someone's light?**

**Have you forgiven yourself?**

**Have you ever felt an inner 'force of kindness' compel you to act and, if so, did you?**

**Have you faced the darkness?**

**Did it bring out light?**

**Do you think your light boundaries have ever been compromised?**

**How did you handle that?**

#### *Warning Lights*

**What darkness in your life do you need to throw open to the light?**

**Do you think other people are trying to control your life – your light?**

**Are you trying to control other people's light?**

**What warning lights are showing up for you in your life?**

**Are there any areas which are 'not quite right'?**

## CHAPTER 8

### The Light in the Dark

#### QUESTIONS

**Have you had to find the light in the dark?**

**Can you think of a time you have transmuted darkness into light?**

**What can you reach inside and bring out as wisdom or inspiration from your dark experiences?**

**If you helped someone, how might their life be different because of what you did?**

**Do you ever think of ‘the light you were’ or all the versions of you that you have been?**

#### *A Different Light*

**Where could you ‘move the lamp around’ in your life to see if things look different?**

**What in your life can you light up with a different light?**

**Can you change your perspective and see differently what has always been there?**

**PART 2**  
FOR OTHERS



## CHAPTER 9

### The Light Between Us

#### QUESTIONS

**When have you recognised light? In yourself? In others?**

**What is the kindest thing anyone has ever done for you? (Did you tell them?)**

**Can you think of a time when someone has shone for you?**

**Whose lives has yours crossed with?**

**Can you think of similar paths you have shared with people during your life?**

**Can you remember any moments your life intersected with someone else's?**

**Who do you know who believes in your light?**

**Do you have people who support you 'just because it's you'?**

## CHAPTER 10

### Light Others

#### QUESTIONS

**Do you think your efforts or successes have ever inspired someone else?**

**Do you think people see you showing up? How and when?**

**Do you notice other people showing up?**

**Do you ever tell them?**

#### *Light Others*

**Do you remember a time when someone completely believed in you?**

**Is there a time you did that for someone else?**

**Is there someone in your life right now you could hold a mirror up to, to reflect their light back at them and help nurture their glow?**

#### *The Power Behind*

**Have you ever coached or mentored someone?**

**Have you ever told someone they were shining?**

**How did they react?**

**Have you ever been the power behind someone's success?**

**Are you part of any little groups of light?**

**Have you ever helped to make a connection between people?**

#### *Share Light*

**Do you think you balance your light – between giving to yourself and giving to others?**

**Can you think of a strong partnership you have had with another person?**

**What made it strong?**

**Do you have any examples of when you have shared light?**

## CHAPTER 11

### Shine Together

**QUESTIONS**

**When have you shone as part of a group?**

**What 'blends', or groups, have you been a part of in your life?**

**Which have been the most successful?**

**What part did you play in the group?**

**Have the parts you played given you any insights into yourself?**

**PART 3**  
FOR THE WORLD





## CHAPTER 12

### The Light in the World

#### QUESTIONS

**Can you think of a time when you have ‘felt’ light?**

**Has someone ever ‘lifted you up’ when you were having a tough day?**

**Can you think of light you have given out which has come back to you?**

**Do you remember a time your creations have ‘spoken back’ to you?**

**What do you put energy into that shines back?**

#### *Spread Light*

**What are some kindness stories you remember that motivate and uplift you?**

**What’s the best ‘kindness in action’ you have ever seen?**

**Have you ever done a secret act of kindness?**

**How did you feel?**

**How did the recipient feel? Did they ever find out it was you?**

#### *Spread Energy*

**Do you think you attract people with a high frequency into your life?**

**Who are they and how did you connect to them?**

**Who do you know in your life that ‘the light spills out from’?**

**Do you have any little daily interactions in your life?**

**Have you ever had a passing interaction with someone which stands out and that you still remember?**

## CHAPTER 13

### Your Legacy of Light

#### QUESTIONS

**What memories do you want to leave?**

**What afterglows do you want others to remember you by?**

**What light comes back from your own past?**

#### *The Light You Leave*

**What can you set alight in your lifetime that will continue to glow after you're gone?**

**What can you do in your lifetime that others can come after you and build on?**

**What are you a guardian of for future generations?**

**What is the 'afterglow' you want to leave after your life is over?**

**What will the booklet of your life say?**

**How might you measure the impact of your light?**

**How do you remember people?**

**And what do you remember about them?**

**What will be your legacy of light?**

#### *Your Light Legacy*

**Are you living your light legacy now?**

**What memories are you currently living?**

**Do you ever think about your ancestors?**

**Do you think any of their light is in you?**

**If the light from you now travels light years to other galaxies, what is the image that it's taking to them?**