

Dayna DelVal



### Questions Related to Shifting Your Perspective on Failure

**Question 1:** Take a moment to notice: Is there anywhere in your life you're showing up in a way that doesn't feel true to you? How does that feel?

**Question 2:** Think about the "quiet desperations" in your life—the rocks of failure you carry silently. Where do they still make themselves known?

**Question 3:** What "failures" have actually become turning points or truths for you?

**Question 4:** Consider the big rocks you carry. What if you reimagined them as geodes instead of heavy boulders? How would that shift your perspective?

**Question 5:** What small or medium stones are weighing on you right now?

**Question 6:** Picture your life as a field. Where do those rocks sit today?

**Question 7:** What if you looked at your failures with the same curiosity and wonder my son Quinn had with his rocks? How would that change how you feel about them?

**Question 8:** How are you currently dealing with the rocks of your life?

**Question 9:** What would it look like for you to “go rogue”—to risk failing, to own your rocks and to live fully with your Spark—even if it’s messy?