

i n H a r m o n i e M o m e n t



in Harmonie
a place of change

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

A moment where you celebrate another human being by asking them a question and taking the time to listen without judging. You stand in awe of the diversity.



i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

Step 1 // Choose a question for the day (as soon as you wake up)

Step 2 // Walk to someone

Step 3 // Ask if you may have a 1 minute **#inHarmonieMoment** with him/her

IF THEY SAY YES

Step 4 // Ask the question

Step 5 // Listen to the answer without judging

Step 6 // Thank them for sharing

Step 7 // Ask whether you may share your answer to the question in 60 seconds

Step 8 // If you feel comfortable, share your experience of the question using **#inHarmonieMoment**



i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

IF THEY SAY NO

Step 4 // Ask if they would be so kind to ask the question to you

Step 5 // Shortly answer the question

Step 6 // Thank them for listening

Step 7 // If the person shares his/her mind, tell them it would be a privilege to listen.
If not, say goodbye



i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What do you care most about?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What motivates you to get up in
the morning?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What matters most to you?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What is important to you?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

When did you see something amazing today?
Describe what you saw.

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What are you thankful for today?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What did you feel today?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

How do you feel about tomorrow?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

Name one important thing that
you want to achieve today.

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

How can I best contribute to
your life today?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What is the one special thing that
I can do for you today?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What will you do today that will push your boundaries and make you grow?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What will make today special?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What is the most exciting part of
your life?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What are you tolerating / putting
up with today?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What do you hate?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What do you love?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What is bugging you right now?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What excites and inspires you?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What do you yearn for?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What is missing in your life right now?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What are the three things that would
make the biggest difference in your life?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

If you could do anything at all,
what would be your ideal life?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

For your life to be perfect, what would
have to change?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What's one change you could make
that would give you more peace?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What's your dream for this lifetime?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

Where do you want to be in 10 years?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What would you like more of in your life?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What would you like less of in your life?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What do you want in life,
but don't have?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What do you have in your life,
but don't want?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

If you did nothing else in the next year,
what three things would still make
the year a success for you?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What are you avoiding?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What do you not want me to ask you?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What are you most proud of?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What have you achieved that has surprised you?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What are three of your greatest strengths?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What are three of your biggest
challenges currently?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What do you enjoy doing?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What do you like about yourself,
others?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What are some unusual skills you have?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What do you get complimented most on?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What do you stand for?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

If there were just three rules that
everyone would have to follow,
what would it be?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What does it mean to you to have a
full and rich life?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What is your favourite activity and why?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

Who do you admire? What specifically about them do you admire?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

Where do you have unrealistic
expectations of yourself?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What is it that you believe, that keeps
you from being fully yourself?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

Where could you be more forgiving
and understanding of yourself?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

How would your life be different if you
really believed in yourself?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

Who are you? Who are you without
using labels?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What is going to be your contribution
to the world?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

Who are you now? Who would you
like to become?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What is your life really about?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What is your purpose in life? If you had to guess your life purpose from looking at your life today, what would it be?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What do you like about yourself?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What would you like to change
about yourself?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What is the biggest misconception
others have about you?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

Imagine you're 90 years old, happy and healthy. What advise would you give yourself right now?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What would be the best question I
could ask you now?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What question do you think I should
ask you now?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

How do you teach people to treat you?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

Where could you be more
understanding of others?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

Who are you trying to please?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

If you could only change one thing in
your life, what would it be?

i n H a r m o n i e M o m e n t

Ask the Question · Listen without Judging · Celebrate the Diversity

What is the decision you have been
avoiding?