Beyond Barriers to Passion and Possibility

with Denise Bissonnette

Denise Bissonnette is an internationally renowned writer, trainer and keynote speaker. For over two decades, she has inspired people and organizations throughout North America to look beyond traditional concepts of career development and to craft livelihoods rooted in the individual “genius” of each person. Her work is a rich tapestry of her talents as a poet, writer, storyteller, teacher and career developer.

“The future belongs to those who believe in the beauty of their dreams.”

- Eleanor Roosevelt

For Complete information on Denise’s work and publications, please visit: www.denisebissonnette.com

Nebraska Transition Conference ~ Kearney, NB ~ February 7, 2017
BEYOND BARRIERS TO PASSION AND POSSIBILITY

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<th>Questions Rooted in Barriers</th>
<th>Questions Rooted in Possibility</th>
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<tr>
<td>What have I done before?</td>
<td>What do I love?</td>
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<td>What experience do I have to build on?</td>
<td>What do I care about?</td>
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<td>How much education and training do I have?</td>
<td>What do I value?</td>
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<td>What are my problems, challenges and barriers?</td>
<td>What makes me happy?</td>
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<td>What are the ways in which I am limited?</td>
<td>Where do I feel belonging?</td>
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<td>What positions do I qualify for?</td>
<td>What are my gifts, my dreams, my goals and aspirations?</td>
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<td>How do I compete against other people?</td>
<td>In what contexts do I have the potential for genius?</td>
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<td>How do I get other people to look beyond my barriers?</td>
<td>What opportunities can I create that suit my needs, interests and abilities?</td>
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<td>How am I limited by my circumstances?</td>
<td>How do I position myself in a way that sets me apart from others?</td>
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<td>What is out of my control?</td>
<td>How do I highlight my abilities and potential?</td>
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<td>What’s the unemployment rate?</td>
<td>What power do I have to affect my circumstances in a positive way?</td>
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<tr>
<td>How is the local economy doing?</td>
<td>What is in my control?</td>
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<td>Where are the job openings being advertised?</td>
<td>What local businesses could benefit from having me in their employ?</td>
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<td>What are all the things working against me?</td>
<td>What do I have that’s working for me?</td>
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<td>How am I going to overcome the obstacles facing me?</td>
<td>What do I have to be grateful for?</td>
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<td>How will I ever attain my goals when they seem so out of reach?</td>
<td>In what areas of my life do I feel fortunate?</td>
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<tr>
<td>How have I shown my strength and courage time and again?</td>
<td>What obstacles have I overcome?</td>
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<td>What’s my next step?</td>
<td>Who can I ask for advice in planning the next piece of my journey?</td>
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<td>What is completely doable and attainable within the next week?</td>
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Treasure Questions

1. What do you love? What are you over the moon about? What puts the light in your eyes, the fire in your belly, and makes you want to do a happy dance?
2. Who/what are some of the greatest sources of joy in your life?
3. What are you immensely grateful for? In what ways do you consider yourself totally rich?
4. What personal qualities or characteristics are you proud to have?
5. What’s that “thing you’ve got” that makes you really you? What do you often get complimented on? What kind of situation brings out your truest colors?
6. What do you absolutely rock at? What is one of your favorite skills or abilities? What comes easily to you that other people find difficult? When do you find you are “in your element”?
7. What can people count on you for? What do you have a reputation for?
8. What values and beliefs do you hold dearly? What do you consider sacred?
9. What makes you feel brave, generous, and kind? What inspires you?
10. If you were to dedicate your time and energy to just one goal or purpose, what would it be? What do you feel called to do, be, or become?
11. If you could do or be anything in the world, what would it be?
12. What are some of the grand hopes and dreams you hold for your future? What are some of your immediate or short term goals?
13. What are you completely committed to and what price are you willing to pay in order to fulfill that commitment?
14. What changes would you like to make in your life? What would you like to change about yourself? What are some choices you could make to put those changes in motion?
15. How do you renew and replenish your sense of personal power?
16. What is the “stretch” you feel ready to make life? What do you feel ripe for learning? What would “going out on a limb” mean for you at this time?
17. Where do you go for inspiration, encouragement, or assistance when you need it? What do you need some help with at present?
18. What are you learning from your present circumstances and challenges? Who are your greatest teachers at this time in your life?
19. What do you have faith in? What do you know in your bones to be true about yourself, your life, and your future?
20. What are you saying “YES” to in your life?
BLUE SKIES

By Denise Bissonnette

Excuse me, what’s that you say,
“This interview is finished?”
Pardon me, but I’ve hardly spoken,
Don’t leave me here diminished.
I’m sorry to disappoint you,
To not have the problem you like to fix,
Instead I come with my own story,
With mystery in the mix.

You see, my hope is shallow, my fear is deep,
I have dreams I can barely dream,
But sometimes I can glimpse blue skies,
Just up the road it seems.
So, if you’re the kind who likes to keep it simple,
Hey, I can handle that,
But please, don’t pass me on
To another bureaucrat!

Is there anyone here who sees beyond,
Who peers behind the smile,
Cuz there’s a lot about me you will not know
By opening up my file.
Is there anyone here who cares at all,
To whom I’m more than another case,
Who sees my life’s unfolding
Beyond this sorry face?

Is there anyone here who listens
In the rare and tender fashion,
Who’ll catch the meaning between my words,
With the net of their compassion?
Is there anyone here who gardens,
Who tends the smallest of seeds,
Cuz sometimes I feel things growin’ in me,
Beyond that list of needs!

Is there anyone here who’s a gambler?
Who’ll back a wounded horse?
Cuz I’ll need someone with faith in me
To set me on right course.
Is there anyone here who’s a coach,
The one who loves that final lap,
Someone who will coax from me,
Resources hidden and untapped?
Is there anyone here who’s a dreamer,
Who sees with faraway eyes,
Cuz my choices are looking rather dismal,
But I’m open to surprise!
Is there anyone here who’s an explorer,
Who searches for truth beyond the facts,
Who’ll focus on my possibilities
And not just what I lack?

Is there a Keeper of the Flame here,
The one who likes to inspire?
Cuz though my world appears quite dark,
I still feel the holy fire!
Is there anyone here who believes in miracles,
Like the one with loaves and fishes,
Cuz according to you I’m going to need a lot more
Than luck and your good wishes!

Because you see, when I go home today
And my family asks, “How did it go down there?”
They won’t be asking about my day,
They’re waiting for me to report to them,
“Hey, I’m on my way -
Somewhere hopeful, somewhere new,
Just up ahead those skies are blue!”
So, if that’s not you, that’s okay,
I’m really fine with that,
But please don’t pass me on
To another bureaucrat!

So go ahead, scan the place,
Find the one who’s on a mission,
To change the world, one life at a time,
Start with mine, you’ve my permission!
Cuz my hope is shallow, my fear is deep,
I have dreams I can hardly dream,
But once in a while I can glimpse blue skies,
Just up the road it seems.
I don’t need anybody brilliant,
Particularly worldly or wise,
Just send me to that someone
Who believes in bright blue skies!

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