

The Signals You Leave Behind

20 QUESTIONS TO REFLECT ON THE SPACE BETWEEN INTENTION AND IMPACT

A companion reflection guide inspired by conversation on SoulSessions with Damon McLean.

We all want to believe we're showing up as thoughtful, trustworthy, and caring people. The challenge is that we experience ourselves through our intentions.

Everyone else experiences us through our actions. Somewhere between intention and impact is an opportunity for growth.

These questions aren't designed to judge you. They're designed to help you pause, reflect, and become a little more intentional about the signals you leave behind every day.

There are no scores.
No right answers.
Just honest reflection.

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PART ONE

INTENTION VS. IMPACT

- What three words would you hope people use to describe you?
- What evidence have you given them for those words recently?
- When was the last time someone experienced you differently than you intended?
- How do you typically respond when someone tells you your impact wasn't what you intended?
- Whose experience of you would you most like to understand better?
- If someone close to you answered these questions about you, what might surprise you?

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PART TWO

THE SIGNALS YOU SEND

- What signals do you send when you're under pressure?
- What signals do you send when someone disagrees with you?
- When someone leaves a conversation with you, how do you hope they feel?
- What behaviours do you repeat that quietly reinforce your reputation?
- What small habit consistently communicates respect?
- What small habit may unintentionally communicate something else?
- If someone watched only your actions for a week, what story would they write about you?

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PART THREE

CHOOSING CURIOSITY

- When was the last time you changed your mind because you asked one more question?
- What assumptions do you make most often about other people's intentions?
- Where in your life would curiosity create more connection?
- What conversation have you been avoiding because you've already decided how it will end?
- What's one question you could ask instead of making an assumption?
- Who in your life feels genuinely heard after talking with you?
- What's one signal you want to leave more intentionally this week?

Growth rarely comes from one big moment. More often, it comes from paying attention to the small signals we send every day.



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