



About the ING energy Framework

1. What is ING energy, and how does it differ from traditional personality types?
2. How did you discover the seven ING energy types?
3. Can you walk us through what each of the seven types looks like in everyday life?
4. What are the 3 M's, and why do they matter?

About Identity and Purpose

5. Why do you say identity and purpose are the same answer?
6. What happens when people keep treating them as two separate struggles?
7. Who is the "Disillusioned Achiever," and why are so many people stuck there?

About the Book and Research

8. What does 35 years of research and 1,000+ sessions teach you that textbooks can't?
9. What surprised you most while writing this book?
10. Why did you write this book now?

Personal and Story-Driven

11. What was your own moment of clarity with ING energy?
12. How has understanding your own ING type changed your life?
13. What do you say to someone who has tried everything and still feels lost?

Practical and Actionable

14. How can someone discover their ING energy type today?
15. Once you know your type, what's the first step toward living it?
16. How does ING energy show up in relationships and parenting?

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