This is a modified copy of the Question Formulation Technique I mentioned to you. I changed it to focus on an individual point of view, but the process is more or less the same for a small group inquiry. Something to consider if it helps.

# **FORMING A QUESTION**

1. Choose 1 aspect from the health and wellbeing inventory to focus on/learn more about-**THIS IS YOUR FOCUS**
2. With that chosen topic, write down as many questions as you can about it
3. If you have written down statements, turn them into questions
4. Look at your questions to see if they are open or closed-ended questions (Close ended questions are answered with a “yes” or “no”).
   1. Place an “O” by the open ended questions and a “C” by the close-ended questions
5. Change at least 1:
   1. open ended question to a close ended question
   2. close-ended question to an open ended question
6. Prioritize: Choose 3 questions from your list as top questions to focus on and you think are:
   1. The most important to you
   2. You want to find out an answer to
   3. Will guide your learning