

Questions Are the Answer - Part 1

By Gayle North

You always get more of whatever you focus upon. Questions direct your focus. They can direct your focus and give power to what you want or what you don't want.

This is the first in a series of four articles on the power of questions. I invite you to demonstrate the power of questions for yourself. The following questions adapted from "Awaken the Giant Within" by Tony Robbins are designed to create an experience of more happiness, excitement, pride, gratitude, joy, commitment, and love every day. Quality questions create a quality life.

Come up with two or three answers to each of these questions and really allow yourself to feel the answers. If you have difficulty discovering an answer, simply add the word "could." Example; "What *could* I be most happy about in my life right now?"

THE MORNING POWER QUESTIONS

1. What am I most happy about in my life right now? What about that makes me happy? How does that make me feel?

2. What am I excited about in my life now? What about that makes me excited? How does that make me feel?

3. What am I proud of in my life now? What about that makes me proud? How does that make me feel?

4. What am I grateful about in my life now? What about that makes me grateful? How does that make me feel?

5. What am I enjoying most in my life now? What about that do I enjoy? How does that make me feel?

6. What am I committed to in my life now? What about that makes me committed? How does that make me feel?

7. Who do I love? Who loves me? What about that makes me loving? How does that make me feel?

THE EVENING POWER QUESTIONS

1. What have I given today? In what ways have I been a giver today?

2. What can I learn from my day? Run a movie of your day's activities. Stop when you come to a scene in the movie where you're not fully pleased with your behavior. Review the scene to gather information about what happened. Replay the movie - fully associated - with you behaving in a way that you are pleased with, a way that gets you better results. As you do this, you build a new and more resourceful way of doing things for the future and give yourself encouragement to embrace more health, more love, and more joy and satisfaction.

Gayle North offers Personal Coaching for Positive Change using recently developed empowerment technologies to clear mental and emotional blocks that keep people stuck in unhealthy habits and prevent them from performing at their highest potential in school, sports, relationships, work and finance. Call 406-837-1214 to learn how you can STOP SMOKING IN ONE HOUR and for coaching in person or by phone.

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