

Questions Are the Answer - Part 3

By Gayle North

"Questions are the laser of human consciousness. They concentrate our focus and determine what we say and do." - Anthony Robbins

Take just a moment and ask yourself these power questions: **What are you truly happy about in your life right now? What are you grateful for?** As you think about the answers, notice how good you feel as you bring thoughts of these things to mind.

Questions change what we delete.

We can consciously focus on only a few of the millions of things that are going on in and around us right now. We could consciously focus on the blinking of our eyes or the breeze on our skin – but only on a few things simultaneously--- (although *unconsciously* the mind is more multi-dimensional).

When we are sad, we are deleting all the reasons we could be feeling good. If we are feeling happy, we are deleting all the "bad" things we could be focusing on. Try this to demonstrate this phenomenon: Look around the room you are in and ask yourself "What things in this room are black?" Now close your eyes and without looking around the room, ask yourself to name all the blue things in the room. Unless you are very familiar with the room, it will be hard to think of blue things because you were looking for black items when your eyes were open. What does this teach us? Whatever we look for we find. We experience more of those things we focus upon.

The right questions lead to the outcomes we desire.

There is a specific question or a precise phrase that will transform almost any problem into an opportunity. Don't ask you child why he didn't get a good grade in algebra. Ask him what he needs to do better. (And wait for him to think about it and answer you rather than telling him what to do, of course). Instead of asking, "Why did I let myself gain all this weight?" – ask "What can I change so that I can begin to look and feel better?"

Be careful not to ask limiting questions.

Our beliefs often limit our questions and so our opportunity is also limited. Many of the most successful athletes, business leaders and scientists are those who dared to ask a question that challenged a societal belief that what they wanted to do was impossible. Instead of assuming that it was impossible, they asked themselves questions like these, "If it were possible, how would I go about doing it? What would be the first step to take?" and "What overall plan would I need?" The principle is that if we continue to ask any question, we will receive an answer. If we ask questions about how to create our dream, we get a plan.

"Life is just like the game of Jeopardy; the answers are already there – all you have to do is ask the right questions to win." - Anthony Robbins

The key is to ask questions that constantly empower us to see the opportunity in problems and to strengthen us to rise to the challenge. As we begin to focus on brilliant and effective questions, we lead ourselves to more happiness, success, and joy.

Part I of this series, included a set of morning and evening "Power Questions" adapted from Tony Robbins and found in his book "Awaken the Giant Within."

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.

changeiseasy@montanasky.net

www.PositiveChangeInstitute.com