

# Questions Are the Answer - Part 4

By Gayle North

*"The question is not whether we are going to have problems, but how we're going to meet the challenge. YOU and I both know that no matter what we're involved with in our lives, there are going to be times when we come up against these things we call "problems": roadblocks to personal and professional progress. Every person, no matter what station in life they have achieved, has to deal with these special "gifts". The key is to ask the questions that empower us to rise above the seeming obstacle and turn it to an advantage."*

–Anthony Robbins, author of "Awaken the Giant Within"

Whether the problem is great or small – even if a problem seems so big that it threatens to destroy your life in some way, these questions, along with the Power Questions in Part I, of this series will put you in a more resourceful state and open up new perspectives and opportunities to explore solutions. All of our communications with others and with ourselves can be generated from the presupposition that everything happens for a purpose.

## THE PROBLEM-SOLVING QUESTIONS

1. **What is great about this problem?** If your first answer to this is "Nothing!" really give this one some time - *There is always a gift if we look **deep enough**.*
2. **What is not perfect yet?** Asking what is not perfect yet clearly presupposes that things *will* be perfect. This question not only gives you new answers, but reassures you simultaneously.
3. **What am I willing to do to make it the way I want it?** There may be some things you could start doing or do in a different way to get a more desirable result.
4. **What am I willing to no longer do to make it the way I want it?** If what you have been doing isn't working – change something. You may want to stop doing some things that are keeping you from having what you want.
5. **How can I enjoy the process while I do what is necessary to make it the way I want it?** Tony Robbins talks about catching up on phone calls while he's sitting in his Jacuzzi. We often miss opportunities to have a good time in the process of getting things done. This question reminds us to look for more interesting and enjoyable ways of doing things so that we are not putting off living "while we solve the problem".

*-Adapted from Anthony Robbins' "Awaken the Giant Within"*

**Remember: "Ask and You Shall Receive."**

If you ask a meaningless question, you will receive a meaningless answer. Your mental computer is ready to serve you and will answer whatever question you give it. *Ask questions that empower you* to see the opportunity in problems and strengthen you to rise to the challenge. As you begin to focus on brilliant and effective questions, you lead yourself to more happiness, success, and joy.

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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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