

POWERFUL QUESTIONS

QUESTIONS THAT AREN'T HELPFUL

"We accept many notions because they seem to be the logical answers to our questions. But have we asked the right questions?" -- Harold L. Klawans

Sometimes we ask questions for which we really don't want the answer! Nonetheless, when we ask a question, our subconscious minds will get to work to answer us. Here are some examples of questions we want to avoid:

- What's wrong with me?
- How long could this take?
- What could go wrong?
- How much trouble could it be?
- How hard could it be?

Asking questions can be empowering - as long as they're smart questions!

"The uncreative mind can spot wrong answers, but it takes a very creative mind to spot wrong questions." -- Anthony Jay

SMART QUESTIONS TO KEEP HANDY

"Quality questions create a quality life. Successful people ask better questions, and as a result, they get better answers." -- Anthony Robbins

Asking yourself questions that can alter how your mind goes to work will give you a different outcome. Here are some examples to consider some questions that are truly empowering:

- Is there a message for me in this experience?
- What's the gift in this situation?
- What can I learn from this?
- What's the most loving thing I could do now?
- What's the most important thing for me to focus on now?
- What would I do if I knew I could not fail?
- What would I do if there were nothing to fear?

"A prudent question is one-half of wisdom." -- Francis Bacon