

POWER QUESTIONS

If you wish to have greater confidence, peace and happiness, place more of your attention onto what you want than on what you wish to avoid. Saying “I want to stop procrastinating” will only make you procrastinate more because your subconscious mind keeps hearing the word “procrastinating.”

Instead say, “Today I am motivated to take action on my goal! What can I do right now to get things started and how can I make it fun?” Now your subconscious mind is hearing words like “motivation, action, and fun.” You’re also asking more empowering questions.

If you ask, “Why don’t things work out for me?” your mind has no choice but to provide a lousy answer. “*Because you don’t deserve it...*” If you ask more empowering questions, your brain will gain access to resources that will help you find the solutions you’re seeking!

Therefore, get into the habit of asking yourself better questions. **Focus on what you want, rather than on what you’re attempting to avoid.** Every garden has flowers and weeds. If you only focus on killing the weeds, you’ll destroy everything in the garden. Focus on *growing* flowers and you’ll end up with a beautiful garden!

Power Questions To Ask Yourself:

What DO I want?

How do I want this to work out?

What can I do *right now* to get results?

How can I make this *fun*?

How do I *want* to feel?

What could I say to myself right now that would make me feel better?

Get out of a “mental rut” using this technique.

1. What would I have to believe in order to feel the way I’m feeling now?
2. Do I really want to keep supporting that belief?
3. What would I have to **believe** in order to feel the way I want to feel?
4. What action could I take right now that would start to strengthen this new belief?
5. Act on it!

Questions To Avoid:

Why isn’t this working?

What’s wrong with me?

Why don’t I ever get what I want?

What does life suck so bad?

Why me?

Notice that fear-based questions almost always start with “why,” whereas empowering questions begin with “what” and “how.” The reason is because fear-based questions assume that your fears are true, while empowering “power” questions assume that your situations *can* and *will* improve if you intentionally move in a more positive direction! More resources at www.timshurr.com/blog