

Albert Einstein said "The important thing is not to stop questioning; curiosity has its own reason for existing"

So let's make them great questions;

EMPOWERING QUESTIONS

When you ask yourself questions feel free to have pen and paper handy (or use your diary or personal journal) to write down your question and any thoughts you have so you can explore the question, the possibilities, your feelings and your options fully.

Questions that focus on the Now...

- What do I love about my life right now?
- What can I improve right now?
- What is working well for me now?
- What is not serving me now?
- I can be happy in this very moment because....? This question can be as simple as acknowledging gratitude for exactly what you are doing in the moment – getting ready for work being grateful you have a job to go, sitting outside on a beautiful day enjoying a coffee.

Notice the little things, a beautiful flower, a butterfly, a smile from a stranger, a sleep in. As you use this question, become familiar with it and allow it to become a wonderful habit for you. As you go; change it to 'I am happy in this very moment because.....?'

Questions that focus on gratitude...

- What am I grateful for today? Add the reason you are grateful for.....!
- What am I grateful for in my life? Add the reason you are grateful for.....!
- Who am I grateful for in my life? Add the reason you are grateful for.....!

Adding the specific reasons will help you gain a greater appreciation. For e.g.: I am grateful for the three wonderful men in my life; my two sons, Luke and Sammy, who are growing up so beautifully, they teach me things and make me smile every day. They have wonderful friends, goals, dreams and positive attitudes that will help them achieve whatever they put their minds too, I am a proud mum! And Greg; he is my best friend, wonderful company, he makes me smile and laugh and I love being around him.

Questions that focus on finding solutions...

- Define the problem.
- What are my options?
- Have I looked at every possibility?
- What result or outcome do I want?
- What steps do I need to take to get there?
- What can I learn from this problem?
- What is the silver lining to this problem?
- Have I faced a similar situation in the past? How did I deal with it then? Did it work? Is there something else I haven't tried?
- Who (or where) can I turn to for support & guidance? (Could be someone you know, a mentor, a great resource)
- What areas do I need to accept, acknowledging that I cannot change or control?
- What can I love in the process of achieving my desired outcome?

Selfless Questions that focus on improving the lives of others...

I once heard Dr Phil mention; each morning when he wakes up he silently asks "What can I do to improve your (about his wife) day?"

- What can I contribute today?
- Have I helped someone today? How did that make them feel? How did it make me feel?

Helping someone else doesn't have to be an expensive or grand gesture. It can be as simple as visiting your mum, calling a friend to see how they're going, making your partner breakfast in bed, reading a book with or to your kids, helping a complete stranger, donating, volunteering... the list is endless. Keep it varied so it doesn't turn into a chore or expectation. Helping others increases happiness, gives a sense of purpose, makes you feel connected and reminds you how lucky you are. Think back to the last time you took time out without expecting anything in return to help someone or do something nice for someone? Maybe their car broke down and you helped push them off the road, maybe you gave an out of Towner directions, maybe you gave your seat up to someone else – I bet it made you smile and feel good. There is a world of information and scientific evidence that helping (without motive) is beneficial to our health.

Pro's & Con's List...

- If you are deciding on a few different options or avenues try the simple pro's and con's list. What are the benefits or positives of _____
What are the weakness's or negatives of _____

Nut it out and see the answer you're looking for become clearer.

Often our thoughts and questions are focused either on our past failures/stresses or on worrying about the future and events that haven't even happened yet. Check in regularly with yourself on what your focus is, be aware so you can consciously bring yourself back into the present moment 'your now' instead of being stuck looking in the rear view mirror or creating a stressful future based on assumptions.

Questions to ask/explore if you're feeling stuck...

- What am I afraid of?
- What am I resisting?
- What am I blocking?
- What am I not being honest about?
- What am I not looking at?
- What am I holding onto?
- What am I not saying?
- What am I not doing?
- What am I refusing to hear?
- What am I punishing myself for?

"Remember whenever you are stuck you are being invited to choose peace, choose love, choose success, choose help, choose God & choose your higher mind. Being stuck is a prompt to give away the old and receive the new, it is a call to let go of the past and unwrap the present. It is a call to give up your ego and step into your true light" Dr Robert Holden

(Questions relating to being stuck come from an excerpt from Dr Robert Holden's book 'Shift Happens')

A great habit (practise) to form is asking certain questions every day...

- What am I grateful for today?
- Who am I grateful for today?
- What will I do to improve my well-being today? (This includes physical, mental, spiritual and emotional - self-love)
- List them down try for 3 – 5 a day, for e.g.: I will finish this 2 litre bottle of water, go for a walk after dinner, have a relaxing bubble bath, take a nap, choose an apple over a muffin, get a good night's sleep, read

something beneficial, write in my journal, plan and prioritise my day, play a game with my children... the list is endless.

- What can I do for someone else today?

Visit your mum, buy (or hand pick) your partners favourite flowers, or make their favourite treat, take your kids to the park, read a book with or for your kids, help a complete stranger, donate... the list is endless.