

# STOP ASKING THESE 20 QUESTIONS— AND GET HAPPIER INSTANTLY

**H**ave you ever noticed that there's a question behind most everything you do? The decisions you make. The actions you take. Even the feelings you live with every day. And you probably don't even realize what those questions are. Here's an example of what I mean.



I realized a few months ago it was time to get a new computer. I've had the same little Mac laptop for about six years, and not only was the hard drive completely full (as in, I literally had to erase a file to save something else), but I'd also noticed that

for the 8–10 hours a day I'm usually on the computer, I was leaning forward and down to be able to read that little screen, which is not so great for my body.



Those kinds of habits add up and probably explain the knots in my shoulders in my otherwise low-stress life.

So I started looking online for a new computer. What I didn't realize was that my "guiding question"—the question underneath the action I was taking—was *"How little can I spend?"*

Not a great question.

Sure, price is one of the considerations, but if it's the main question and I only succeed in spending the least possible, I miss a lot of other possibilities.

## Better Questions

So, once I realized that my guiding question was pretty lame, I replaced it with questions like:

*"What computer would support me in doing my best work?"*

*"What do I really want?"*

*"What's my ideal budget?"*

*"Is there such a thing as 'too big'?"*

**And check this out.** On the very same day I asked these questions, I found a gorgeous 27" iMac that was souped up with all kinds of extras for video and audio production



(something I'll be doing a lot of this year) for the same price I was ready to pay for a new computer.

Talk about a game changer!

I really don't think I would have been open to this possibility and had the clarity to make a quick decision if I hadn't asked my "better questions."

That's how it works.

You only get answers to questions you ask and a lot of the questions we're in the habit of asking limit our happiness in some big ways.

Let's look at a couple more examples.



## The Biggest, Baddest Question

There's one question I recommend you do your very best to never ask yourself again. It's *that bad*.

One question, made of two little words that together are so insidious, they can instantly put you into victim mode and keep you stuck there for as long as you keep asking it.

Chances are this question has come into the corners of your mind when something challenging, disappointing or traumatic has happened and once it came sneaking in; it probably stayed a while and brought a load of pain with it.

Just two words and one question mark is all it takes.

### "Why me?"

We've all been there. And if you're willing to take just a moment and remember a time in your life that you actually did ask yourself the question "why me?" you'll really get it.

What event or situation led to you ask yourself "why me?" How does your body feel even remembering that moment in your life?

When I recall asking that question at 13 years old as my dad was diagnosed with the ALS that he died of 9 months later, I instantly remember the sinking feeling in my belly, the heaviness, and the hopelessness.

I didn't know any better then, but I understand now that unlike a good question, "why me?" is not an opening at all. **It's a dead end.** And that's why I'm suggesting you drop it like kryptonite. It's one of those questions (and there are more) that don't have a real answer.

"Why me?" is a short road that leads right to shame and unworthiness. Even asking the question assumes there's something inherently wrong with you, that you deserved that bad thing that happened. That you were somehow singled out for pain. Ouch.

Try these questions instead:

*Why not me?*

*What's the gift in this experience?*

*What can I learn from this?*

*What do I want to create?*

## Another Biggie

Here's another question that's so much a part of our wiring it can stop you in your tracks without even being noticed.

### "What if I fail?"



Yes, this is the question that brings an express delivery of fear the moment it arrives...and it usually goes with answers like "my world will fall apart," "no one will love me" or "I will die miserable, penniless and alone."

But let's take a closer look.

We know we're all human. We all make mistakes. We all fail. And we know that the most successful people are really good at failing. In fact, they're friends with failure; they fail faster and more often than people who are unwilling or too afraid to take action (there are lots of books and success stories about these people. So if you want inspiration, it's very easy to find).

### Try this.

Next time you're facing something scary and you hear these frightened words inside your head, "what if I fail?" or "what if I make a mistake?" ask these questions instead:

*"SO WHAT if I fail?"*

*"What's the opportunity?"*

*"What if I wasn't afraid?"*

*"What if I was willing to fail?"*

These questions will lead to very different answers.

## When you spot it, you got it

So you get the idea. If you find yourself in a funk, feeling like a victim or stuck in a tough spot, take a moment to pause and look for the question that's underneath the muck. Chances are it will be one of the downright harmful questions listed below (or one that's very similar) and you'll be able to spot it because of the sinking, heavy, dead-end feeling it brings.

Just remember, some questions are not good for getting to a real answer—or a solution.

## The Good News

Once you find a question like “why me?” all it takes is replacing it with a better question. You can instantly access a new state of mind—and new possibilities.



A good question does powerful things like:

- \* Instantly connects you to the truth inside you.
- \* Opens doors you didn't know were there.
- \* Cuts through confusion.
- \* Trains your mind to look INside for answers.
- \* Puts you in the driver's seat of your life.
- \* Helps you access the energy to find solutions and take action.

A few minutes with a good question can change your life!

So here you go...

# LET'S PLAY 20 QUESTIONS!

20 questions to stop asking and 20 better questions to ask instead

### Bad Questions

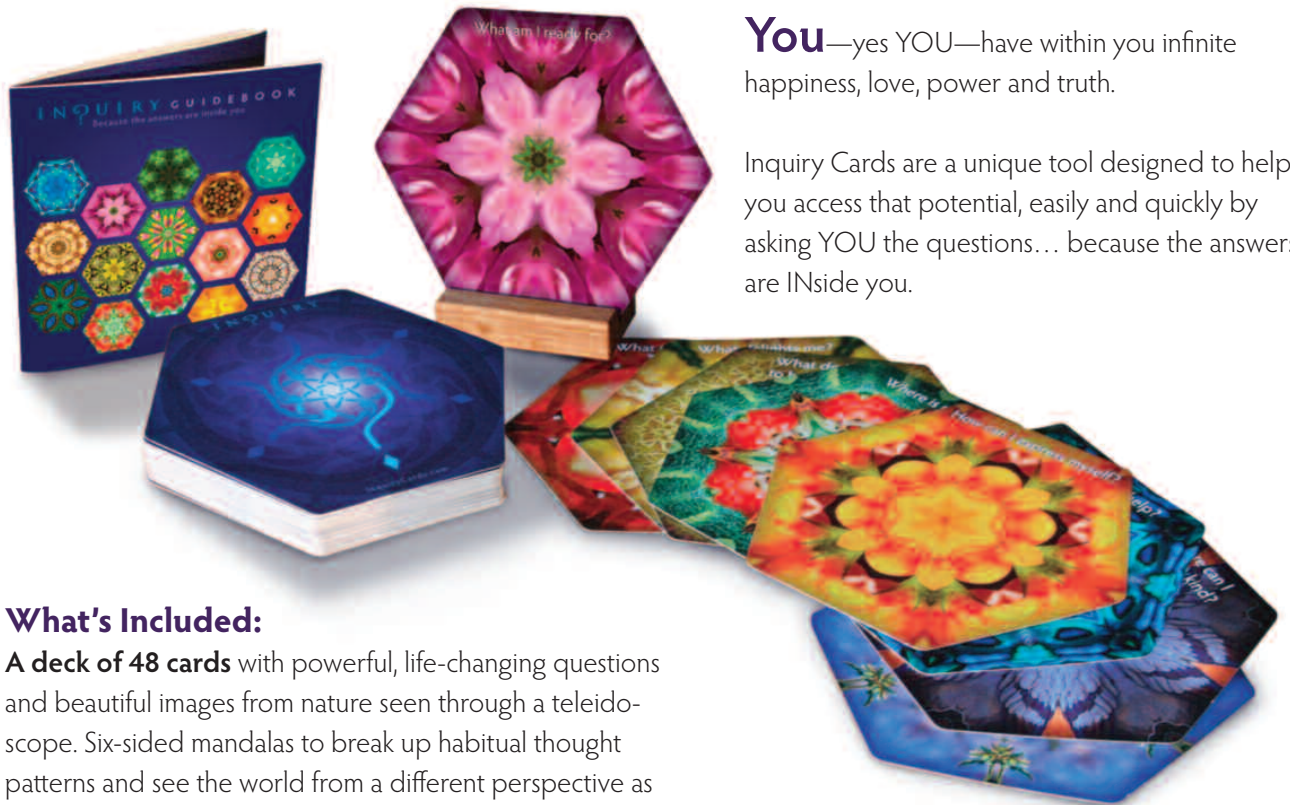
- 1 Why me?
- 2 What if I fail?
- 3 What's wrong with me?
- 4 Why can't I \_\_\_\_? (save money, get a better job, attract love, etc.)
- 5 What will people think of me?
- 6 Why didn't I \_\_\_\_ when I had the chance?
- 7 What's the deal?
- 8 What could go wrong?
- 9 What if I'm not good enough?
- 10 What's the use?
- 11 Why is this happening?
- 12 Why doesn't \_\_\_\_\_ love me?
- 13 Am I making a fool of myself?
- 14 How long can I stand this?
- 15 Why do I always do that?
- 16 Why is this so hard?
- 17 How little can I spend?
- 18 Who would love me?
- 19 Why am I such an idiot?
- 20 Why haven't I \_\_\_\_\_?

### Good Questions

- 1 What can I learn from this?
- 2 What if I wasn't afraid?
- 3 How can I be more kind to myself?
- 4 What needs to change?
- 5 What's the most loving choice?
- 6 What do I want to create?
- 7 What would be perfect?
- 8 What am I hoping for?
- 9 What if I didn't worry?
- 10 What can I celebrate?
- 11 What can I receive more fully?
- 12 What would I say yes to?
- 13 How can I express myself?
- 14 What are my boundaries?
- 15 What can I let go of?
- 16 What's the easier way?
- 17 What do I need?
- 18 What am I ready for?
- 19 Where is my strength?
- 20 Who can help?

While the “Good Questions” above are great to replace the lame ones across the page, they can be used any time, anywhere with great results!

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Much love,