

# BONUS TOOL ASK A BETTER QUESTION

Are you aware of the questions you ask yourself each day? Most of us ask ourselves questions all day long. We even wake up with a question. A common question I used to hear myself asking in the morning was

## ***What is my problem?***

When we ask questions in our minds, our brains automatically answer. If the question you ask is negative, you get a negative answer. When I started paying attention, I noticed that the answer I was getting to the question above was

## ***I don't work hard enough.*** (A big fat lie!)

Not a very powerful answer, right? When I realized that, I started my days with a different question. You can choose to start your day with powerful questions. When you do, your brain will go to work answering with powerful thoughts, and that will help you create powerful stories throughout your day.

How do you know if you're asking a negative question? You'll know if the answer to your question feels bad. If you asked yourself this question from page 13 – ***What happened today that made you feel good?*** – you probably created at least one positive story from that question. However, that question is past-based. The questions in the feel-good list on the right, below, will help you with how your day goes today.

These feel-bad and feel-good questions show how questions can create positive feelings or negative feelings. They can help you teach this concept to your kids, and help you both get started with generating amazing days on purpose, by asking questions from the feel-good list. Try it out!

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## FEEL-BAD QUESTIONS

What's wrong with me?  
Why am I so fat?  
Why don't I have any money?  
Why is parenting so hard?  
Why is life so unfair?  
Why won't my kids behave?  
When will things get better?  
Why do I make so many mistakes?  
Why am I so dumb?  
When will he start \_\_\_\_\_?  
Why won't they \_\_\_\_\_?  
What is my problem?  
How long is \_\_\_\_\_ going to last?  
Why aren't I more \_\_\_\_\_?

## FEEL-GOOD QUESTIONS

What can I create today?  
How do I want to feel?  
What can I learn from this?  
How is this perfect?  
What's great about this?  
How can I create what I want?  
How can I figure out a solution?  
What's funny about this?  
How can I make today fun?  
What do I love about being a parent?  
What's great about my kids?  
What's positive in my life?  
What makes me happy?  
What can I give today?  
How is my body strong?  
What's right about me?