

The Power of Positive Questions

"Positive and negative are directions. Which direction do you choose?"
-Remez Sasson

Are You Using the Power of Positive Questions?

Are you asking yourself the wrong questions and producing a negative hidden effect on your attitude? I bet you are! If you've asked questions like; "Why am I so fat?" "Why is my life such a failure?" "Why do bad things always happen to me?" "Why am I so stupid?" then you need to keep reading. These questions and all questions like them are taking a terrible toll on your attitude. If you ask yourself, "Why is my life in the crapper?" you are prompting yourself to list the many reasons your life is "in the crapper."

Listing your downfalls and wallowing in your daily woes will take you down the wrong path, fast. Don't panic yet, all is not lost. You can learn to program your brain and your attitude by asking yourself the right questions. Try asking yourself solution-based, positive and empowering questions instead.

Positive thoughts boost the creative inspiration in your brain to invite the healthy upbeat and confident attitude you seek. You have the ability and resources necessary to learn anything you need to fulfill your desires and achieve your goals. The goal of asking yourself these positive questions is to lead your thoughts into action. Solve the problem! Don't sit around watching it grow.

Begin like this: There is an issue that needs to be fixed. Start by asking yourself, yes, say self, "What do I need to change about my habits to get to my fitness goal?" "What do I want to do with my life that gives me meaning and satisfaction?" "What do I need to do differently to change this string of results?" "What can I learn and apply from this?" "What is affecting my mood that makes me feel my life is not going the right direction?"

"Questions provide the key to unlocking our unlimited potential."
-Tony Robins

The single best question you can ask yourself in any situation is, "What outcome do I want from this event/situation?" When you go into a situation, whether it is a business meeting, a negotiation, or a class, knowing your desired outcome is a necessity. When I began to work on this habit for myself, I was amazed at how many actions I took. I thought about my once intimidating tasks in a whole new way.

Let me take you through just one. I need to research a better mortgage for my house. What is my ideal outcome? Is it lower payments, less interest over time, more house for my money, flexibility? Without knowing the right question, the answers don't help much. What outcome do I desire for my relationship with my spouse and children? Do I know and plan or just let it happen?

You have the power to train your mind. Plant the seeds of positive thinking and grow health, security, happiness and abundance into your daily life. Don't allow society's programming to plant the seeds of lack, insecurity, fear, doubt, and negativity. Simply instructing yourself to focus on positive thoughts and taking action to remove negative ones from your daily thinking will change your whole outlook on life. I'm not going to lie. It definitely takes practice and hard work to keep your mind free from worry and insecurity. It takes dedication to constantly feed yourself new information and positive motivation to produce positive results. It takes vigilance to associate with positive people and positive influences. Make sure your questions ask for what you want, not what you don't want.

**"Change your thoughts and you can change your world."
- Norman Vincent Peale**



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