



Empowering Questions

If you are bored, unhappy, or depressed, you are probably asking yourself diminishing questions; questions that make you feel powerless, victimized, not in control. The questions we ask ourselves in our self-talk cause us to focus on that which produces answers. If we ask for example, “Why don’t I ever have any luck?” our brain will focus on finding a rationale for lack of success and of not being in control of our lives. Below are some examples of empowering questions:

- How can I become better organized?
- How can I solve this problem and have fun doing it?
- What can I do to make myself more promotable?
- How can I make this task more fun?

- How could I behave differently to get a more positive response from the other?
- Is there anything humorous about this situation that I haven’t noticed?
- What can I learn from the difficult behavior of this person so as to avoid such situations in the future?

- What can I do today to improve my situations?
- What can I do to create a positive environment for myself?
- What can I look forward to today?

- Who have I helped today?
- What were the good things that happened today?

- What can I focus on that’s good?
- What is there to smile about?
- What can I control in this situation?
- How can I turn this setback into art?

- What can I do to make progress toward my goals today?
- What can I do today that will make a difference?
- How long should this task take?
- How can I get uninterrupted time so I can get this done early?

- If I had three wishes, what would they be?
- What can I do to get closer to those wishes than I am now?
- How could I make these wishes come true?
- What can I do today to make progress toward making those wishes a reality for me?

- What different and exciting things can I do for my family today?
- What can I do to build the self-confidence of my children?
- What can I do to make my family feel appreciated?
- What can I do to brighten my spouse’s day?