

EMPOWERING QUESTIONS LIST



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"I'm excited to present this list of empowering questions I generated to help myself. Now I want to help you by letting you use them on a daily basis. I wish for you to have great vitality, hope, passion and freedom in your life. This is my purpose in writing this document."

Instructions: Ideally, these questions should be printed off and read daily at least once or whenever you get a chance. You are asking yourself, you higher self, your unconscious mind, you could address your guardian angel, Buddha, the God or whoever you choose to address in asking the questions if that is easier, you know it gives you comfort, or if you are nervous or struggling. The important thing is to find EMPOWERING answers that make you feel good and excited about your life. It is not difficult to determine very positive results for yourself every day and very, very quickly indeed using these questions regularly, whenever you get the chance. The reason there are so many is so that you bombard yourself with positive thoughts and therefore feelings which will effect your energy and your behaviour. These questions work to empower you from vast resources of tremendous goodness you have within you and you may even not have been aware of before in your whole life. Add your own questions, and get excited because your life will change dramatically if you ask these questions of yourself every day.

“Questions Are The Answer” – Anthony Robbins

“Ask & you shall receive” – The Lord, Jesus Christ

“The simplest way to get oneself or another person to tap into the vast resources of the unconscious mind is to pose an intelligently formed question”
– Samuel Beatson

“[The Tao or Way] is hidden but always present. I don't know who gave birth to it . It is older than the concept of God.” – Lao Tzu

THE QUESTIONS.

How can I improve my life and those around me a little or a lot, today, right now?	What does it feel like to be like a child again?
What would it really inspire you to achieve in the next 3 months, 6 months, 12 months, 3 years, 5 years, 10 years, 15 years, 50 years, 100 years?	Could you let go of whatever you are feeling in this moment? Would you? When?
What's it necessary to achieve in order to live to my full potential?	What do I appreciate about my partner? – make a written list of this one
What am I called to achieve in the next 12 months?	What do I appreciate about my partner – what am I grateful for about them?
What goals would really inspire me and motivate me?	What does the state of complete ecstasy feel like?
What would I be happy about achieving?	What is my life's purpose?
How can I improve my life and those around me a little or a lot, today, right now?	I'm here for a reason, What am I here for?
What do I like in my life, right now?	Why have I been put on this planet?
What are your goals?	How can I serve humanity today?
What do I enjoy in my life right now?	What would it feel like, specifically to be able to create anything you desired, on demand?
What do I serve/follow today (eg lovingkindness, honesty, greatness in humanity, Jesus Christ)?	When would now be a good time to allow yourself to achieve your most extravagant abundance?
What decisions can I make today and what massive action can I take, right now?	What can I do right now to feel more pleasure?
How would you feel if you achieved your current goals, right now?	How can I hold my vision of my highest good, right now?
What's great in my life, right now? How does that make me feel?	What is the solution?
What could I be happy about, right now? What does that feel like?	What would (spiritual leader) do in this situation?
Who do I love in my life, right now? How does that make me feel if I think about it?	What would have to happen for me to feel I can have, do or be anything, right now?
What am I really looking forwards to?	What am I?
What have I accomplished in my life, so far?	What do I <i>really</i> want?

What am I excited about in my life, right now, how does that make me feel?	What is Happiness?
What would have to happen, for you to feel the best you've ever felt?	What is Truth? What is Love?
What am I grateful about, what could I be grateful about?	What is giving? Generosity? Lovingkindness?
What about _____ makes me feel good?	What can I do to create more peace, love and laughter right now?
When would now be a good time to be totally empowered towards achieving your highest vision?	What does it feel like, right now, to deserve success, pleasure and achievement?
What do I enjoy in my life, now? What could I enjoy?	What is the one thing I now focus on to get completed?
What gives me a lot of pleasure in my life, right now, in this moment?	What is the one principle that if I had to serve it for a day would I live to serve today?
What can I do today that will move me more rapidly towards my goals?	What can I do to create more peace, love and laughter right now?
What would have to happen, right now, for me to feel at my best?	Can I remember the last time I had an uncontrollable moment of hilarity – a real belly laugh? What was that like? What was funny about it? Can I remember that clearly right now, the sights, sounds and feelings of that moment of laughter?
What does it feel like to be really healthy?	What is it, by knowing which, we know everything?

BONUS: 3 Definitions Which Will Help You To Achieve What They Define Using NLP...

CONFIDENCE:

Confidence means being very clear of your objectives and your definite ability to achieve them easily and joyously. It includes feelings of self belief, high levels of self esteem and conviction of one's self worth and high levels of self esteem. With high confidence come rapid excellent results in all areas of one's life that are unlimited in scope. *Be more confident right now and see what results you get in your life.* You will be surprised and pleased with the results you know you can achieve.

AUTHENTIC SELF

Some people are enriched by their magnetic personality and charisma. They are highly attractive and you naturally feel yourself drawn to them, you want to say "yes" to them, be around them more. They are attentive listeners and the more you listen to them, the more intriguing and interesting you become as you receive their magnetic energy and multiply it, making it your own. Such people have become true masters at expressing and being in touch with their authentic selves. When you get in touch with and express your authentic self, you, too will radiate this personal magnetism. It is easy when you go into a trance, relax and let go completely, becoming more and more aware of your authentic self now and as you allow yourself to do that, getting in touch with and expressing your authentic self becomes natural and easy to do. So you experience more of divine, real love and authentic peace, pleasure and freedom.

RELAXATION

Relaxation can bring health, vitality, insight and joy to the whole person. Relaxing is a result of a conscious decision to put the whole body in a state of relaxation. When you go into a trance and relax way more now, the results you want become more and more effortless to attain and achieve. By letting go and relaxing even more into what is, your acceptance increases and the manifestation of your truest desires becomes effortless. Watch and feel as your dreams begin to come true. You will effortlessly start taking the necessary actions that bring about your highest good and best achievement. Prepare for remarkable positive results in all areas of your communication, finances, health and relationships now as you begin to go deeply into trance, relax, let go, feel and allow yourself to achieve your goals effortlessly.