

Chapter 1 : Paul A. Smith (Author of Questions to Change Your Life)

Questions to Change Your Life is the latest from sports psychologist and motivational speaker, Paul Smith. It answers questions in the areas of life, love and work.

We respect your privacy. For patients struggling with illness or dealing with a major life change, these positive thinking exercises can mean all the difference. General Practice these simple exercises and suggestions to keep your thoughts on the positive side. Only use positive words when talking. Replace these negative words with positive ones instead. Tell yourself you will do your best or that you will try your hardest instead. Use words that evoke strength and success. Try filling your thoughts with words that make you feel strong, happy and in control of your life. Make a concentrated effort to focus on these words rather than those that make you feel like you are failing or incompetent. One of the most popular positive thinking exercises is positive affirmation. Believing that these things are true, and reminding yourself of it can help give you a more positive outlook on life. This technique, used by psychotherapists, can help you to control your thoughts when you start to feel down or anxious. Create a happy thought, a positive image, or give yourself positive feedback to keep bad feelings in check. Believe you will succeed. There is nothing like believing in yourself to create a successful reality. Give yourself the benefit of the doubt and believe that you will succeed at fulfilling your goals. Analyze what went wrong. Instead, give yourself some time to think about the things that led up to your current situation so you can avoid future mistakes and look toward a more positive tomorrow. Learn from the past. The past is behind you and no matter how badly things went there is nothing you can do to change them. Whenever you feel negative thoughts about the past come up, replace them with positive thoughts about the future. Remember things could be worse. Think of it as an opportunity. Maybe losing your job is just the chance you need to start your own business or go back to school. Come up with ideas of how to turn negative thoughts into positive ones. If you find yourself thinking you should have done this or that differently, try changing your thoughts around. Instead give yourself credit for what you did do, remember that you are not perfect or that you can do better next time. Think of ways to turn visualization into action. Self-hypnosis brings about a highly conscious state of mind that is willing to follow instructions. List the reasons you will get what you want. At Work Work can be a stressful place but use these techniques and ideas to keep yourself looking on the bright side. Be constructive in your criticisms of yourself so you can grow and learn. Visualize a successful outcome. Sometimes it can be helpful to picture yourself completing a project successfully or getting the promotion you desire. This can encourage you and make you feel better about the situation. Sit up straight in your chair and see if it improves your thinking. Surround yourself with positive images. Make your desk your own private happy getaway. Put up pictures of things that make you happy or that remind you of your goals to create a calming and positive environment. Relax and let things happen. Sometimes the best way to deal with problems is to relax and let them take their course. Things can often appear to be a bigger deal than they really are and reminding yourself of this can help you to relax and not feel so stressed. See it from another point of view. It can help you see where you went wrong and understand why others might be upset. Keep track of your thoughts. When you catch yourself thinking negative thoughts, try jotting them down. So you made a mistake. It happens to everyone. Make peace with yourself and move on to other projects. Stop being your own worst critic. Look at yourself rationally. But try taking a step back and looking at the situation. Hoping to get that huge account? Believe that you can do it and it just might come true. Nothing can ruin a positive attitude like coworkers who bring out the negatives in everything. Avoid talking to those you know will only make you feel worse. Truly believe you are the best at your job. Spend time thinking of ways you can turn your setbacks at work into ways you can get ahead in the future. Associate yourself with those who think positively. Positivity is contagious, so find friends and family members who look on the bright side to surround yourself with. Take everything that is coming to you as a challenge and a way to keep yourself busy and interested in your life. Look at the big picture. Is that parking ticket you got a bummer? Will you still feel bad about it later this week? Let go of the past. It does not determine your future so why focus on it? If you feel yourself ruminating on the past make a conscious effort to take your thoughts in another direction. Benefit

from the attitudes of others. Have a friend that always knows just what to say to make you feel like things will be alright? Take comfort in those around you that have positive attitudes and can make you feel better about anything going on in your life. Develop a personal mantra. No matter what you choose to repeat to yourself, make your mantra words you want to live by each and every day that can remind you to be positive and take whatever life has to offer. Find someone to share with. Knowing you are not alone can be a healing experience. Share your negative feelings with a friend, a family member or even a mental health professional. Want to feel better? Try doing something nice for someone you care about. One way to remind yourself of the positive things that life has to offer is to indulge yourself in whatever it is you love. Remind yourself of your blessings. Whether you feel blessed by your family, your friends or even that you just have food to eat each day remind yourself of these things, however small you may feel they may be. Most of us have a lot to feel grateful for that we simply take for granted. Thank those in your life that make it better and happier to get a positivity boost for yourself as well. Come up with positive things about those you love. Making someone else feel good about themselves can strengthen relationships and give you a positive thought to concentrate on, instead of the negative. You could get mad and start a fight with your spouse or roommate. Or, you could let it go, take it in stride and work together to remedy the situation. Change your thoughts from the bad to the good with these helpful tips. Read an inspiring book. Watch your favorite sappy movie. Get a quick pick me up by watching your favorite movie or just your favorite scenes. Take a break from the news. The news is often filled with all kinds of depressing information. Engage in physical activity. Working out releases chemicals that give you a mood lift. Take a jog, play a sport or just walk around the block to improve your outlook. Listen to something upbeat. Music can be a great mood enhancer. Monitor your stream of consciousness. Engage in activities that work towards your goals.

Chapter 2 : 6 Powerful Questions That Will Change Your Life Forever

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These questions have no right or wrong answers. Because sometimes asking the right questions is the answer. Which is worse, failing or never trying? If happiness was the national currency, what kind of work would make you rich? Are you doing what you believe in, or are you settling for what you are doing? If the average human life span was 40 years, how would you live your life differently? To what degree have you actually controlled the course your life has taken? Are you more worried about doing things right, or doing the right things? They all start criticizing a close friend of yours, not knowing she is your friend. The criticism is distasteful and unjustified. What do you do? If you could offer a newborn child only one piece of advice, what would it be? Would you break the law to save a loved one? Have you ever seen insanity where you later saw creativity? What one thing have you not done that you really want to do? Are you holding onto something you need to let go of? If you had to move to a state or country besides the one you currently live in, where would you move and why? Do you push the elevator button more than once? Do you really believe it makes the elevator faster? Would you rather be a worried genius or a joyful simpleton? Why are you, you? Which is worse, when a good friend moves away, or losing touch with a good friend who lives right near you? What are you most grateful for? Would you rather lose all of your old memories, or never be able to make new ones? Is it possible to know the truth without challenging it first? Has your greatest fear ever come true? Do you remember that time 5 years ago when you were extremely upset? Does it really matter now? What is your happiest childhood memory? What makes it so special? At what time in your recent past have you felt most passionate and alive? If not now, then when? Have you ever been with someone, said nothing, and walked away feeling like you just had the best conversation ever? Why do religions that support love cause so many wars? Is it possible to know, without a doubt, what is good and what is evil? If you just won a million dollars, would you quit your job? Would you rather have less work to do, or more work you actually enjoy doing? When was the last time you marched into the dark with only the soft glow of an idea you strongly believed in? If you knew that everyone you know was going to die tomorrow, who would you visit today? Would you be willing to reduce your life expectancy by 10 years to become extremely attractive or famous? What is the difference between being alive and truly living? When is it time to stop calculating risk and rewards, and just go ahead and do what you know is right? If we learn from our mistakes, why are we always so afraid to make a mistake? What would you do differently if you knew nobody would judge you? When was the last time you noticed the sound of your own breathing? What do you love? Have any of your recent actions openly expressed this love? In 5 years from now, will you remember what you did yesterday? What about the day before that? Or the day before that? Decisions are being made right now. Are you making them for yourself, or are you letting others make them for you? This post was written by Marc and Angel. Photo courtesy of [F]oxymoron Support The Unbounded Spirit The Unbounded Spirit takes me hundreds of hours a month to research and write, and thousands of dollars to sustain. If you find joy and value in what I do, please consider supporting with a donation – every little bit helps and comes enormously appreciated. Enter your email below to get them delivered right to your inbox. You can opt out at any time.

Chapter 3 : Questions That Will Transform Your Life - mindbodygreen

If you're searching for more meaning and connection in your life these, powerful questions can help. You can even choose one question a day for days of happiness and personal growth. You can even choose one question a day for days of happiness and personal growth.

Keep this list handy. Ask yourself these questions every day--without fail. And then, based on your answers, take action. Who would cry the most at my funeral? Those are people who love you unconditionally. Start returning the feeling. Do I spend enough time with the people who would cry the most at my funeral? Even though those are the people who see the good in you, and make you feel good about yourself. Who would I want to cry the most at my funeral? Chances are those are the people you neglect the most. Stop taking them for granted. Am I proud to tell people where I work? Titles come and go. Money comes and goes. Is my company a business I would want my children to run? Naturally you want your kids to be happy. You also deserve to be happy. List the problems, then fix the problems. If you want a better future for your kids, show them the way by making a better future for yourself. Does today feel different than yesterday? It should, if only in a very small way. Do I say "no" more than I say "yes"? Do I spend money instead of time? Maybe you buy your kids "stuff" because you feel guilty for being away so much, or missing events, or being distracted most of the time. Maybe you buy your significant other "stuff" when you feel guilty about not paying enough attention or showing, by word and action, that you care. Or maybe you spend money on productivity tools instead of putting in the time to change inefficient work habits. Or maybe you buy expensive fitness equipment and trendy workout gear instead of just sucking it up and working out more. Money never produces the same results as time. Money can change some things, temporarily. Time can change anything, forever. Do I think of myself as a noun? Slowly your focus shifts to "being" rather than doing, to maintaining a sense of self rather than striving to continually improve specific skills. And you slowly close yourself off to other activities, other ventures, and other possibilities. Never let yourself be a noun. Be a person who does lots of verbs--and is always open to more. Do I make people feel good about themselves? Unexpected praise, like the gift given "just because," makes a huge impact. Every day, people around you do good things. Praise at least one of them, sincerely and specifically. Do I scare myself? If not, you should. We all have fears. When we turn away, we die a little inside; when we face a fear and do what we really want to do, we feel truly alive. You only get one chance. Make sure you live. Feb 19, Like this column?

Chapter 4 : 13 Questions That Will Change Your Life - TalentSmart

Questions to Change Your Life by Paul Smith starting at \$ Questions to Change Your Life has 1 available editions to buy at Alibris.

I believe that Socrates said it best: How do people see me differently than I see myself? Have you ever heard a recording of your voice and thought, "Is that what I really sound like? The same is often true for the way we behave. We interpret our behavior in terms of how we think we come across, whereas everyone else sees the real thing. It gathers feedback that is constructive, anonymous, and accurate. If you forego the and solicit feedback in person, make certain you ask for feedback that is specific, avoiding broad questions and generalizations. Am I being true to my values? Do you ever get that nagging feeling that something is a little off in your life? This often happens when little behaviors creep up on you that violate your values. If I achieved all of my goals, how would I feel? What can I do to feel that way as I work to achieve them? You can achieve more--and have more fun doing it--if you let yourself feel some of that pride and pleasure along the way. Scientists have theorized that it once took 1, years for the accumulated knowledge in the world to double; now it only takes a year or two. In what areas of my life am I settling? Sometimes we settle in dead-end jobs. Other times we settle for unhealthy relationships. What do I want my life to be like in five years? Five years is the perfect timeframe: From a survival perspective, fear has its purpose. But fear has a tendency to get carried away. Instead of keeping you safe, it keeps you from improving your life and living your dreams. Who has qualities that I aspire to develop? What problem are we solving? Have you ever been in a meeting and suddenly realized that not everyone was having the same conversation? Not because people were talking over each other, but because they had different ideas about the purpose of the discussion. Will you be my mentor? Everyone likes being looked up to, and it feels good to share our knowledge with others. Am I living that lesson? Bringing It All Together Asking the hard questions can be extremely uncomfortable. What other questions should people be asking? Please share your thoughts in the comments section below, as I learn just as much from you as you do from me.

Chapter 5 : 50 Questions That Can Change Your Life | The Unbounded Spirit

Paul A. Smith is the author of Questions to Change Your Life (avg rating, 2 ratings, 0 reviews, published) and Inflation (avg rating.

Suddenly everything seems to make a little more sense, and you know what you need to do from that point forward, right? Someone will ask me a seemingly trivial question and bam! I wanted to leave corporate America and venture out on my own, and I wanted her to somehow make that sounds less crazy. I wanted to throw caution to the wind and follow what I most passionately believed in. I wanted to be my own success story. I also wanted someone else to tell me it was going to work. Calculating, weighing, analyzing—these things can only take you so far. I subconsciously needed something to get me out of my head and into some clarity. I needed that push. We bounced back and forth for what seemed like eternity. When most people have conversations like this, one party inevitably snaps out of the pattern and either says something oddly profound, or simply gets frustrated and tells the other to bugger off. I was lucky enough to receive the former rather than the latter. What are more committed to, dreaming it or doing it? What was I more committed to? What a brilliant question. As a coach yes, I made the leap and ventured out on my own , I make my living asking these questions to help clients get out of their own way. The beauty of these questions is there are no right or wrong answers. These are 28 of my favorite questions: Where is this true for you? What risk would you take if you knew you could not fail? What is your greatest strength? Have any of your recent actions demonstrated this strength? What are the top five things you cherish in your life? When do you stop calculating risk and rewards, and just do it? At what time in your recent past have you felt most passionate and alive? What do you most connect with? What one piece of advice would you offer a newborn child? Which is worse—failing or never trying? Why do we do things we dislike and like the things we never seem to do? What are you avoiding? Are you doing it now? What are you most grateful for? Do you find yourself influencing your world, or it influencing you? What are you committed to? Which worries you more — doing things right or doing the right things? If joy became the national currency, what kind of work would make you wealthy? Do any of the things that used to upset you a few years ago matter at all today? Would you rather have less work to do or more work you enjoy doing? Really, what do you have to lose if you go for it? Powerful questions can change the very fiber of our construction. They give us a chance to challenge our own ideals and perhaps shed some light on what we are and are not committed to. Are you more committed to dreaming it or doing it? Ask yourself some of these questions when you feel stuck. What comes up just might surprise you! Peace, love, and a million successes to you, my friends! About Blake Alexander Hammerton Blake Alexander Hammerton helps professional somethings gain clarity and confidence to move through their "oh crap, what now" moments and create the extraordinary life they deserve. He believes in adventurous love, laughing until your sides hurt, and going boldly into challenges.

Chapter 6 : Positive-Thinking Exercises That Will Make Any Patient Healthier & Happier

8 The Complete Book of Questions Thanks for sharing your wealth of wisdom and keen insights. Thanks, Jim and Laura, for inspiring me to take tionsâ€”

Imagine feeling trapped in an unsatisfying existence. Being afraid to express your uniqueness. Having fun on the weekends then dreading the upcoming week. Then something hit me. It was a proverbial hammer to my head. Then, as if out of nowhere, a voice in my head spoke loudly and clearly. This is your path to an extraordinary life. And I can tell you that my life has changed for the better since I followed this guidance. If you want to live an extraordinary life it is imperative that you know who you truly are, and to do so you must explore who you truly are. These 6 questions changed my life forever. By answering these questions you will discover your unique passions, strengths, values, desires, and motivations, which are all yearning for your expression. You have a unique purpose. Discovering the answers to these questions will allow you to align yourself with that purpose and bring real magic into your life. Self-knowledge is the greatest knowledge that you will ever acquire. Because your ability to fulfill your unique internal drive will determine your ability to fulfill your potential, which in turn determines the quality of your life. The questions below are designed to help to know yourself deeply and find what is truly important to you. We all have an unexpressed potential; the exercises are specifically designed to help you find yours. What do I absolutely love in life? List anything that you love about the world and the people in your life. Think about any activities that get you excited and enthusiastic and make you feel most alive. This can be absolutely anything: Within your love for these things lies deep passion. What are my greatest accomplishments in life so far? To have accomplished these, you would have used some of your key strengths. See if you can identify why you succeeded. Also, list any activities, hobbies, or anything else that you do that you complete with ease. Within these lie greatest strengths. What would I stand for if I knew no one would judge me? This will help you discover your greatest values. If my life had absolutely no limits and I could have it all and do whatever I wanted, what would I choose to have and what would I choose to do? Describe your ideal lifestyle. List what you would do throughout the day if you knew that you were bound to be successful, what kind of person you would be, how much money you would earn, and where you would live. This question allows you to realize who you would truly want to be if there were no limits. By aligning with this you can begin working towards the life that you truly want to create. What would I do if I had one billion dollars? List everything that you would really love to do if you had all the money in the world. Okay, so you would probably travel the world, buy a house or two, and give some money to your family. Then what would you do with your time? This question helps you to think without limitations. When we are able to remove limitations and boundaries, we can discover what we really want to do. Who do I admire most in the world? List your greatest inspirations and the qualities that you admire about these people. Think about what really inspires you in this world. What you admire about others is also a quality that is in you. Know that you admire someone because they have similar qualities to you. Taking the time to answer these questions will change your life. The more that you can implement your passions, strengths, values, desires, and motivations into your days, the happier your life will become! You can study to become a doctor, lawyer, teacher, or anything else, but this knowledge will only take you so far. Meanwhile, discovering the deep wisdom of self-knowledge will ensure that your life is far more meaningful and fulfilling. James is committed to living an incredible life and empowering others to do the same. If you want to boost the love, happiness, and fulfillment in your life, check out his website at www.

Chapter 7 : 10 Powerful Questions That Will Change Your Life - mindbodygreen

35 Questions That Will Change Your Life. Jason Nazar Contributor. Selling is the art of asking good questions, listening, and matching your value to people's needs. Sales is very easy when.

Because sometimes asking the right questions is the answer. Which is worse, failing or never trying? If happiness was the national currency, what kind of work would make you rich? Are you doing what you believe in, or are you settling for what you are doing? If the average human life span was 40 years, how would you live your life differently? To what degree have you actually controlled the course your life has taken? Are you more worried about doing things right, or doing the right things? They all start criticizing a close friend of yours, not knowing she is your friend. The criticism is distasteful and unjustified. What do you do? If you could offer a newborn child only one piece of advice, what would it be? Would you break the law to save a loved one? Have you ever seen insanity where you later saw creativity? What one thing have you not done that you really want to do? Are you holding onto something you need to let go of? If you had to move to a state or country besides the one you currently live in, where would you move and why? Do you push the elevator button more than once? Do you really believe it makes the elevator faster? Would you rather be a worried genius or a joyful simpleton? Why are you, you? Have you been the kind of friend you want as a friend? Which is worse, when a good friend moves away, or losing touch with a good friend who lives right near you? What are you most grateful for? Would you rather lose all of your old memories, or never be able to make new ones? Is it possible to know the truth without challenging it first? Has your greatest fear ever come true? Do you remember that time 5 years ago when you were extremely upset? Does it really matter now? What is your happiest childhood memory? What makes it so special? At what time in your recent past have you felt most passionate and alive? If not now, then when? Have you ever been with someone, said nothing, and walked away feeling like you just had the best conversation ever? Why do religions that support love cause so many wars? Is it possible to know, without a doubt, what is good and what is evil? If you just won a million dollars, would you quit your job? Would you rather have less work to do, or more work you actually enjoy doing? When was the last time you marched into the dark with only the soft glow of an idea you strongly believed in? If you knew that everyone you know was going to die tomorrow, who would you visit today? Would you be willing to reduce your life expectancy by 10 years to become extremely attractive or famous? What is the difference between being alive and truly living? When is it time to stop calculating risk and rewards, and just go ahead and do what you know is right? If we learn from our mistakes, why are we always so afraid to make a mistake? What would you do differently if you knew nobody would judge you? When was the last time you noticed the sound of your own breathing? What do you love? Have any of your recent actions openly expressed this love? In 5 years from now, will you remember what you did yesterday? What about the day before that? Or the day before that? Decisions are being made right now. Are you making them for yourself, or are you letting others make them for you? Please share your thoughts with us in the comments section below. And check out these books for more thought-provoking questions:

Chapter 8 : 13 Questions That Will Change Your Life | HuffPost

Everyone has those moments in life when you stop and evaluate where you're at and where you're heading. Most of the time those evaluations come because of a simple but powerful question. These types of questions can change our lives, turn us in another direction and open our minds to new.

I believe that Socrates said it best: How do people see me differently than I see myself? The same is often true for the way we behave. We interpret our behavior in terms of how we think we come across, whereas everyone else sees the real thing. It gathers feedback that is constructive, anonymous, and accurate. If you forego the and solicit feedback in person, make certain you ask for feedback that is specific, avoiding broad questions and generalizations. Am I being true to my values? Do you ever get that nagging feeling that something is a little off in your life? This often happens when little behaviors creep up on you that violate your values. If I achieved all of my goals, how would I feel? What can I do to feel that way as I work to achieve them? Scientists have theorized that it once took 1, years for the accumulated knowledge in the world to double; now it only takes a year or two. In what areas of my life am I settling? Sometimes we settle in dead-end jobs. Other times we settle for unhealthy relationships. What do I want my life to be like in five years? Five years is the perfect timeframe: From a survival perspective, fear has its purpose. But fear has a tendency to get carried away. Instead of keeping you safe, it keeps you from improving your life and living your dreams. Who has qualities that I aspire to develop? What problem are we solving? Have you ever been in a meeting and suddenly realized that not everyone was having the same conversation? Not because people were talking over each other, but because they had different ideas about the purpose of the discussion. Will you be my mentor? Everyone likes being looked up to, and it feels good to share our knowledge with others. Am I living that lesson? Bringing It All Together Asking the hard questions can be extremely uncomfortable. Travis Bradberry is the award-winning coauthor of Emotional Intelligence 2. His bestselling books have been translated into 25 languages and are available in more than countries.

Chapter 9 : Change Your Questions Change Your Life Summary - Marilee G. Adams

Every week I send out a FREE newsletter with updates on articles and other things I'm working on for 30, readers. Enter your email below to get them delivered right to your inbox.