



## A Quality Life starts with Quality Questions

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Most of us are concerned with knowing the answers. We hope we will give the right answer when asked a question. We believe the more answers we know the better our life. And some believe that if you are a leader you really are only any good if you know most, if not all, the answers. However, the reality is, you will lead better, and that means lead others as well as yourself better, when you ask questions rather than give answers. Asking questions means opening up thinking and so opening up possibilities. Asking questions means having to really think about what and why you do the things you do. Or why you don't do what you need to do. I share with you below some of the questions that form part of a daily routine I have for figuring out what needs to be faced and dealt with.

1. **Am I honouring and valuing myself?** This question relates to self-esteem. It is a question to get you to think about whether or not you are treating yourself with respect and insisting others also treat you with respect. Are you taking time out for you? Are you getting enough rest? Are you doing activities you enjoy? Do you speak well about yourself or do you put yourself down and tell yourself and others what an idiot you are?
2. **Am I taking responsibility for my life?** Not to take responsibility is to blame others and stay stuck in a victim mindset. To take responsibility is to evaluate the situation you are in, decide what action is most useful for you to take, and then take it. It is about taking charge of your life where you can.
3. **What do I need to let go of?** There are things - people, situations, thoughts - that we need to let go of because they are sapping our energy and taking away our joy. If you don't let go of such you become more and more bitter and resentful. Process and understand bad situations - which means understand what happened and your part in it, express all your emotions fully, learn what you can, and let go. Then move on. Stop hanging onto negative stuff. It is not good for you.
4. **What difficult actions do I need to take?** Life is hard. And part of living in this world means if you want to move forward you are going to have to take some actions that will not be easy for you. There will be difficult conversations you need to have. You will need to take actions that scare you, that demand a lot of courage, which you do need to take. Always remember that life rewards courage and life rewards action.
5. **Am I living a life of fear or love?** Our brains have the ability to develop fear. This was originally meant to keep us alive. Unfortunately it is fairly easy to develop fears and so much of what we fear does not keep us alive, it in fact stops us from living a full life. We choose work based on fears of lack rather than what we love. We choose social and personal actions based on avoiding what we fear, rather than pursuing what we love.

There are a lot more questions you can come up with. Think of some more that would move you forward. And then ask yourself the questions. When we ask ourselves questions (or others ask us questions) our mind works to come up with an answer. Understanding why you do what you do, is very beneficial.