

The Morning Power Questions

(from Anthony Robbins, Awaken The Giant Within, Chapter 8 (pg. 204) "Questions Are The Answer")

"He who asks questions cannot avoid the answers." – Cameroon Proverb

Our life experience is based on what we focus on. The following questions are designed to cause you more happiness, excitement, pride, gratitude, joy, commitment, and love every day of your life. Remember, quality questions create a quality life.

Come up with two or three answers to all of these questions and feel fully associated. If you have difficulty discovering an answer simply add the word "could." Example: "What could I be most happy about in my life right now?"

1. *What am I happy about in my life right now?
What about that makes me happy? How does that make me feel?*
2. *What am I excited about in my life right now?
What about that makes me excited? How does that make me feel?*
3. *What am I proud about in my life right now?
What about that makes me proud? How does that make me feel?*
4. *What am I grateful about in my life right now?
What about that makes me grateful? How does that make me feel?*
5. *What am I enjoying most in my life right now?
What about that do I enjoy? How does that make me feel?*
6. *What am I committed to in my life right now?
What about that makes me committed? How does that make me feel?*
7. *Who do I love? Who loves me?
What about that makes me loving? How does that make me feel?*

The Evening Power Questions

In the evening, ask the Morning Questions, and then ask these additional questions:

1. *What have I given today? In what ways have I been a giver today?*
2. *What did I learn today?*
3. *How has today added to the quality of my life*
4. *How can I use today as an investment in my future?*

