

Positive questions to lift the day

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

Come up with at least one answer to each of these questions and feel fully associated (experience the feelings). If you have difficulty discovering an answer simply add the word 'could'. Example: "What could I be most happy about in my life now?"

1. What am I happy about in my life right now?
What am I happy about in my job right now?
What am I happy about in this company 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 am I excited about in my job right now?
What am I excited about in this company 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 am I proud about in my job right now?
What am I proud about in this company 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 am I grateful about in my job right now?
What am I grateful about in this company 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 am I enjoying most in my job right now?
What am I enjoying most in this company 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 am I committed to in my job right now?
What am I committed to in this company right now?
What about that makes me committed? How does that make me feel?
7. What can I learn today?
How can today add to the quality of my life?
How can I use today as an investment in the future?
What about that makes me positive? How does that make me feel?

From: *Awaken the Giant Within*, Anthony Robbins, Simon & Schuster, 1992