



The Questions You Ask Yourself and Others

Have you ever really wondered about the types of questions you ask yourself?

Asking questions is one of the most potent ways to become a controller of yourself and to influence others with power.

When you ask a question of yourself or others, it demands a response. Making statements or commands work well, but adding a question is even more powerful.

Why am I in life where I am now?

This is a tough question that requires an honest answer.

We all have to answer the question the same way.....We are where we are today based on the choices we have made. Good bad or indifferent, **we are the controller.....**

You see, when I ask questions of myself, it is a self therapy to get out on the table what is on my mind at the time.

Sometimes it is negative garbage that needs to be addressed and then discarded.

Too many people have a “Mind Candy” diet, from television, music, current associations and even the very strong pull of Internet Porn.

I’m not saying that all of these things are bad, but the key is that too much of these things will lead you down a path of reckless endangerment of the mind.



Let me give you some good questions to ask yourself. Of course, you can design your own.

Sometimes you need to be tough on yourself to really live up to the potential inside of you.

How do I really feel?

What really turns me on or gets me excited?

Do I feel good about myself?

Am I where I feel I should be at this stage in my life?

How bad do I want to change?

- Must have
- Would be Nice
- Don't Care

Am I controlling or being controlled? (TV, Associations, etc)

There are tons you can ask, and the more you delve into the questioning process, the more you become proficient at solving a lot of your own challenges.

Of course having someone to talk to is always good, but they must be the type of person who can help with the problem and have a solution for that problem.

When I talk to someone about a challenge I'll say.

"Lets talk about your challenge with a solution in mind"



When you ask the tough questions, you must always answer with the solution in mind.

Once you get good at your internal questions, you can really start to ask questions of others.

How does that make you feel?

If you could < >, how would that impact your life?

Would you be interested in finding out how I can help you?

Here are the 4 most powerful Goal Achieving questions of all time. You can plug any goal you are going after into the equation.

Use this method and see yourself getting your goals like a heat-seeking missile destroys its target.

- 1. What Do You Want?**
- 2. Why Do You Want it?**
- 3. When Do You Want it?**
- 4. What are You Willing to Give up Temporarily to Get it?**

Sometimes it is in simplicity that things really work. Just like my courses, you will find this method will work for you profoundly.