

# Questioneering Process

## How to Generate a High Caliber Question

How do you know an empowering question from a disempowering one? It's quite simple. Just tune into how you feel in asking the question. An empowering question will feel expansive and trigger your curiosity. A disempowering question will feel like a contraction in your energy and show up as doubt, fear or worry.

The key to asking powerful questions – ones that generate new ideas that move you closer to realizing your dream and accomplishing your goals – is simple, but not easy. We've been trained to ask the wrong questions or start from the wrong place. Especially with a dream, the temptation to ask "**can I do this or have this?**" is counterproductive.

However, if you keep bumping up against that thought or feeling, remember to ask yourself the most powerful of all questions: "**What would I love?**" Your heart will never lie to you. If you would love it, then it's yours to have, do or be.

## Crafting the Question

Most of us have habitual thinking patterns and paradigms that we inherited from our parents and teachers that remind us to "look before you leap." This, coupled with a need to know how or have it "all figured out" beforehand, are limiting beliefs that can keep us from ever starting. With awareness, and practice, you will see how changing your questions can dramatically change the speed at which you discover solutions and take action. Let's take a look at the various types of questions and what type we want to focus on first.

**Why questions.** These types of questions are rarely helpful or empowering. Seeking to understand "why" can provide shifts and insights into paradigms, but can also get you focused or stuck in the past.

**How questions.** These types of questions are rarely helpful or empowering at the very beginning of a new project or dream. In fact, if you knew how to do something already, then you'd be doing it or have done it. To focus on needing to know how to make something happen will stop you in your tracks. Asking "how" comes after you make a decision on a next step or action to take. Then it is appropriate to ask "how" you can best take that action.

**When questions.** These types of questions, like "how" questions, are also not where to start. They lead you into trying to predict – which doesn't exist because you're creating that today. You can only plan and take action in the now.

Setting goals within timeframes is important, but results can happen much quicker than we realize. The velocity of change in your life increases as your awareness grows.

**What questions.** These types of questions are the most empowering. They lead you to be curious and automatically open you up to possibilities you can't see from where you are. These questions keep you in the land of "can do" and lead to taking immediate action. This is noted as one of the success secrets of highly accomplished people. They always act before they know if or when or how something is going to happen. They know what they want and take action – often imperfect – and learn as they go.

## What Your Way to Success “

Asking highly-calibrated questions begins with this three-step process.

### Step 1 – Generate Your State

**Connect with your vision.** Take your dream and read it, move inside it. Engage your power of imagination and feel how it is to be living the life you’ve described vividly. Generate a feeling of gratitude as if it has all worked out. You want to be a vibratory match that activates the Law of Attraction on behalf of your dream.

### Step 2 – Orient Your Intention

**Know and expect that guidance will flow to you.** Take a deep breath, relax and open yourself up to receive answers and more clarifying questions. Know you have access to the Infinite Mind that knows all things.

### Step 3 – What Your Way to Success

Formulate empowering questions that begin with “What...” Here are a few to get you started.

What **can** I do, with what I have, from where I am?

- What are two steps I **could** take in the next five minutes (or 60 minutes, or any block of time) to move my project or dream forward?
- What’s one resource I **could** attract to help me move my project or dream forward?
- What resources **do I have now** that I’m currently not accessing or using fully?
- What **could** I do – that I know I’m not currently doing – and if I did it would move my project or dream forward?

You will know you have chosen a high caliber question when it gives you a feeling of “more aliveness”, and if it lives in the land of “Can Do.”

Once you have selected your question, use the five-step **Activation Process** (Sourcing, Sorting, Selecting, Scheduling and Serving) to create an action plan.

## The Activation Process

**Step 1 – SOURCE** the ideas (Minimum of 20). Don’t “filter” or “edit” the ideas – write everything down that comes to mind. The first ideas are usually not the best ones, but they lead to higher frequency ideas, so just stay in the flow.

**Step 2 – SORT (circle)** the ideas in order of which ones have the most “electricity” and make you feel most alive and inspired.

**Step 3 – SELECT (prioritize)** the idea(s) you will take action on.

**Step 4 – SCHEDULE** when you will take action – put it on your calendar.

**Step 5 – SERVE** the idea(s) by defining and executing your action plan.

Questioning Process developed and written by Mary Morrissey