

Fuel Your Energy

Choose Empowered Questions



Empowered questions result in empowered answers.

It is time to change the quality of your questions. Your brain is in the habit of asking the same questions over and over again. (Have you noticed?) We aren't going to stop our brains from asking questions. We can choose to uplevel the quality of the questions that we are asking. Upleveled questions lead to empowered answers. Those answers move you into actions which support how you desire to feel, who you desire to be, what you desire to create, and ultimately a life of hope and fulfillment.

Step 1: Assess The Questions You've Been Asking Yourself

Make a list of all the questions you've been asking.

Examples: Why did this have to happen? | Why won't they listen to me? | Why can't I make friends? | How can I _____ when I am overwhelmed and exhausted? | When will this be over?

Step 2: Uplevel Your Questions

Transform the above questions into higher quality questions that allow you to step out of the hamster wheel, and give you something to work with. These are the questions that with all of your heart and soul you most need to ask. Trust yourself to go deeper.

What is this teaching me about myself? | What is my approach? | What energy am I bringing into the room? | Am I coming from my authentic power? | What can I do to feel connected? | What can I do to take tasks off my plate and get more rest? | Who do I know/ who can I hire to help? | During this time, what does showing up fully for myself look like?

Your thoughts either fuel your energy OR deplete it. Ask questions that elevate your energy:

I celebrate myself for taking time to evaluate and take ownership of my questions and my life!