

# Life Question - Journaling Tool

Pose a consistent life question for a long period of time and your mind will continue to seek better answers.

*“It is only by questioning what people take for granted, what people hold to be true, that we can break through the hypnosis of social conditioning.” – Deepak Chopra*

What life question can you ask yourself regularly that will inspire, empower and energize you? That will bring you more meaning and understanding of life? This life question will have more than one answer. It may take years to answer it fully. Or it may be a question that will never be fully answered. This question will connect with your essence and purpose in life and support you in expressing your unique gifts. Create your Life Question, ask it often and record your answers.

## EXERCISES

Unclear about your Life Question? Below are some examples for consideration. Intuitively pick the one that most resonates with you or use these as guides to create your own. Then ask yourself that question regularly and write the answers that come to mind. Meditate on your Life Question. Journal on your Life Question. Before you know it, your life will have moved into new dimensions.

Getting started:

How do I:

- master effective communication?
- become strong and independent?
- become a model parent?
- create and leave a legacy?
- earn a livelihood from my passion?
- achieve more balance?

Go deeper:

How do I:

- achieve total acceptance of myself?
- become 100% accountable and no longer a victim?
- break free of my addictions?
- conquer my fear of ...?
- find my ideal partner?
- learn to love myself?

Reach higher:

How do I:

- find harmony and peace in conflict and chaos?
- be creative in all things that I do?
- carry out the divine will?
- develop intuition?
- heal others?
- love unconditionally?

*“Be patient toward all that is unsolved in your heart and try to love the questions themselves. ... Do not now seek the answers, which cannot be given you because you would not be able to live them and the point is to live everything. Live the questions now. Perhaps you will then gradually, without noticing it, live along some distant day into the answer.”*

– Rainer Maria Rilke

**"We are Divine enough to ask and we are important enough to receive."**

– Wayne Dyer