

Some of the Best Conscious Questions from the last 30 years!

Recognising your talents and value

“Why is everyone valuable?”

“Why am I valuable?”

“Why am I good at doing x?”

“Why is it good to be talented at x?”

“What is it from my past, that has made me good at doing x?”

Coping with difficult situations

“Why can I handle this?”

“Tell me why I can handle this?”

“Why can I deal with this?”

“Tell me why I can deal with this?”

“What makes me strong?”

“Why can I be strong, when I need to be?”

“Why has my past made me tougher?”

“Why has my past equipped me to deal with this?”

“What aspect of my past that has made me good at doing x?”

“Why am I flexible, adaptable and strong?”

“Why am I quite capable of getting through this?”

“Why am I loved and protected?”

Feeling confused

“Why is it ok not to understand everything?”

“Why is it ok not to know everything?”

“Why is it fun not to understand everything?”

“Why is it fun not to know everything?”

“Why is it important to remember that sometimes things take a while to become clear?”

“Why is it fun to work things out?”

“Why will things be revealed at the right time?”

“Why is being patient calming for me?”

Feeling loved & good about yourself

“Why am I precious?”

“Why am I perfectly imperfect?”

“Why is it good to be me?”

“Why is it wonderful to be me?”

“Why am I loveable?”

“Why am I precious?”

“What makes me precious?”

“Why do I love being loveable?”

“Why is the love I have now more important than anything in my past?”

“Why does someone deserve me?”

“Why does someone wonderful deserve me?”

Learning and letting go of the past

“Why am I learning each day?”

“Why is it my fundamental right to make mistakes?”

“Why is the past the past and why is now now?”

“Why is the love I have now more important than my past?”

“Why is it unkind and cruel to beat up an earlier version of myself?”

“Why is being kind and caring to an earlier version of me the right thing to do?”

“Why is it fundamentally wrong to beat up an earlier version of myself?”

“Why is it unfair to beat up an earlier version of myself?”

Trying to be too perfect & being an excessive perfectionist

“Why is it important to ask for feedback, and let that be the judge?”

“Why is it important to remember... that as a perfectionist it will always be good enough?”

“Why is my sense of imperfection pure perfection for someone else?”

“Why is it important to remember that perfection is in the eye of the beholder?”

“Why am I potentially the worse person to judge if something is good enough?”

“Why is it wrong for someone to have low standards & equally wrong to be paralysed by perfection?”

Procrastination and not getting things done

“Why can I handle this?”

“Why has my destiny led me to this place?”

“Why will I be able to handle anything I’m given?”

“Tell me why it’s ok to start this?”

“Why is it important to remember I’m happy when I get going?”

“Why is the ultimate discomfort of not doing always worse than having a go?”

“Why is it wonderful when something is done?”

Being a good or great leader of yourself and others

“Why is everyone a leader?”

“Why do I have that makings of a great leader?”

“Why am I always growing, and that’s good?”

“Why is it important to remember that being a great leader is a journey?”

“Why is it normal for all good or great leaders to be worried at some point?”

“Why is it normal for all good or great leaders to be scared at some point?”

“Why is it important to admit when you are wrong, and move on?”

“Why is it important to have clear communication and support people?”

“Why am I clear, yet adaptable and strong?”

“Tell me why I am destined to do x or y?”

If you can’t think of a question, and can only think of a statement, do this...

“Why is it important to remember that... and then put the statement?”

“Tell me why... and then add the statement?”

Examples

“Why is it important to remember that I’m good at dealing with things?”

“Why is it important to remember that I’m precious?”

“Why is it important to remember that perfection is impossible and sometimes destructive?”

“Tell me why I am holding up well?”