

Some of the Conscious Questions I like and have I've used over the last 40 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 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 lovable?"

"Why am I precious?"

"What makes me precious?"

"Why do I love being lovable?"

"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 worst person to judge if something is good enough?”

“And why will I move on?”

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

Procrastination and not getting things done

“Why is it ok not to know everything at this stage?”

“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 the 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?”

Being heroic

“Why is it important to remember that no hero is perfect?”

“Why is it important to remember that heroes come in many shapes and sizes?”

“Why is this a great time to stretch my heroic muscles?”

“Why is it important to remember that God doesn’t call the qualified but qualifies the called?”

Identity Shifting

“Why is it important to remember that I am constantly evolving and changing? Who will I be next?”

“Why is it important to remember that my identity is only fixed if I choose to see it as fixed?”

“I wonder what I will have achieved in the next [unit of time]?”

“Could I ever have imagined I could have done so much?”

“What is the best way to stretch into this new phase?”

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?”

I have mainly given you Why questions as they are easy to use. But you can also start with

“I wonder...”

“If I were to...”

“How..., What..., What would..., When...”

“When” questions can be tricky, as the unconscious and the imagination operate outside time.

Here's a combination of questions I like.

The Entirely Possible Stack

Ideal for identifying a limiting belief or inner conflict, and for allowing a future to exist when the current reality says something different.

Step 1:

Start with **"Why is it entirely possible that...?"**

Play around with possibilities and look for a good feeling and a bad feeling; they will tell you what you deeply believe, and if you have any internal contradictions.

I'll use the example of opening a shop.

Why is it entirely possible for me to open a shop? Feels uncomfortable – change it.

Why is it entirely possible for me to open a shop and for it to be profitable? Then see if that feels better. If it does, perhaps there is a limiting belief that you can't make a profit?

Why is it entirely possible for me to open a shop and still have a life?

How does that feel? If it's bad, is there a belief that you'll lose your freedom if you open a shop?

Why is it entirely possible for me to open a shop, for it to be profitable, and I still have a life?

That feels great!

You now know it was a combination of not having a life and not earning money.

If that doesn't feel better, keep adding things in until you get a good feeling.

Then go on to Step 2

Before you start Step 2

Perhaps you want to tidy up the question you liked, so it flows better... say like this...

Why is it entirely possible for me to open a profitable shop and have a great life?

Step 2: Add these questions to your entirely possible question

Why is it entirely possible for me to open a profitable shop and have a great life?

Why am I grateful for that?

(which moves you into a place of high vibration and creation - as if it already exists)

And how do I celebrate that?

(which moves you even further into a place of high vibration and creation - as if it already exists)

And what would my first step be towards that?

(That moves you from imagination to reality, your first action towards that)

I hope you found these examples helpful.

Remember, Conscious Questions are an art and may require a little practice.

Perhaps join me for a Five-Day Mindset Makeover?

<https://www.fiveinstitute.com/the-five-day-mindset-makeover/>

Or another one of our programs

<https://www.fiveinstitute.com/events/>

Nicholas Haines