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Are you asking the right questions???

1 message

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Hi Efe,

You've made it to **Part 4**.

You are understanding the core concepts of confidence, how to step into it and use it in your favor.

What I also hope is, you are realizing that your more-confident self was always inside.

But it never came to the surface because of your mental focus on negative things, limiting beliefs and as you'll find out today...

The quality of questions you ask yourself on a daily basis!

But wait. What do questions have to do with confidence?

I'll show you.

But first, for this to make sense, I want to share with you a quote.

Earl Nightingale "We become what we think about most of the time"

As we know from the previous email, shifting our attention and focus on the image of achieving our goals makes it feel more certain it will happen.

And as a result, impacts your actions towards them, results and belief system!

So building on that, it's also true that whatever we focus on for the majority of the time, we attract!

To prove this, the next time you drive or walk, I want you to only think about spotting **red cars...** trust me, you'll seem to

think they're everywhere!

You know, what's actually happening in the brain is, your RAS (Reticular Activating System), the information filtering mechanism, is giving more priority to red cars entering your view.

More attention is on red cars = more red cars are "spotted".

Now with this, if you want to change your confidence, you have to change your focus.

And this can be done in a second!

In all reality, you can get up from your computer or phone straight after reading this and **never choose to be the same again!**

So what's stopping us?

Four: Change Your Questions... Change Your Focus

The kind of questions we ask ourselves actually conditions our minds on a daily basis.

If they are poor, negative questions like *"Why does this always happen to me?!"*

Your brain, your RAS system, is going to find and prioritize things to prove why you're right... just like the red cars scenario.

I mean, you've heard of *"Ask and you shall receive"*.

Ok.

Here are some questions to shift your focus from negative to feeling **powerful, excited, proud and confident!**

Question 1: What in your life today, if you wanted to be, could you feel really proud about right now?

Your children? Success?

When you find the thing you feel proud about, ask...

Question 2 What about it makes you feel proud?

As you think, try and notice how you breath? What's your posture like? How do you sit when you let yourself feel proud? Are you smiling?

Question 3: What in your life could you feel grateful for?

Loving Husband/Wife? Health?

How does it deeply feel to be filled with gratitude?

Question 4: If you wanted to feel excited in your life right now, what could you get excited about if you really focused on it?

In this state - how do you feel? How do you speak?

If you're feeling better just reading this... it's because your focus was finally controlled by quality questions!

If you ask yourself these questions continuously, you will get a different answer, a better response!

But, if you ask yourself bad questions, you will get a bad answer and be in a worse state.

Your brain is going to give you an answer with anything you feed it, so at least give it the best possible questions for the best results.

It's really that simple!

Love,

Nadine x

P.S. Start noticing negative thoughts and questions.

Anytime they happen, break away from them, don't agree with them, they are not you!

Do this for long enough and your brain will start working in your favor. Watch!

The Life Director LLC, Dubai, United Arab Emirates

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