

The Questions You Must Ask...

The first step to receiving an answer is being brave enough to ask a question.
- Kaitlyn Bouchillon

Why these questions?

The primary reason most people don't manifest what they want is not because they're not smart enough nor that they don't care enough. It's because they didn't define it enough at the onset; they were too vague.

Following are two different methods of self-questioning to make sure now where you're going before you start down the road.

SMART GOALS

This tried and true system has worked to increase productivity and goal-setting for a very long time.

- Is it **S**pecific?
- Is it **M**easurable?
- Is it **A**ttainable?
- Is it **R**elevant to you?*
- Is it **T**imebound?
(I.e. does it have a deadline?)

* Most people who utilize this system, use "realistic" for the R. I feel that "realistic" is a synonym for "attainable" so I opt for "relevant," meaning, does it really matter to you - or are you doing it for someone else or because you "should"?

Notes:

FIVE-QUESTION SYSTEM

This system requires you to take a look at what your stated goal is and then ask of yourself the following questions. If you cannot answer "yes" to all questions, the goal is too vague

- Is it positive?
(Does it involve taking action, as opposed to not doing something?)
- Is there a number attached to it?
- Is it realistic?
(meaning totally within your control)
- Does it really matter to you?
- Is there a timetable/deadline?

Intentions Affirmations Manifestations
FROM "WHAT IF..." TO "WHAT NEXT..."

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