

“The 8 Ultimate Life-Changing Questions You Must Ask Yourself to Grab Hold of Your Destiny, Unleash Your Purpose & Live Life to Its Max!”

*The quality of the questions you continually ask yourself determines the quality of your life.
You must learn to ask quality questions in order to experience an extraordinary existence.*

Start each day by asking yourself these **8 Life-Changing Questions**. Think of them often. Your answers to these simple, yet powerful questions will determine the direction of your life and ultimately, your destiny. Some of these questions may require a little time and soul-searching, while others are meant to be used “in the moment” on a regular basis. These questions are not the end-all, they are a starting point for designing a life of purpose, passion and prosperity.

Enjoy! -Lisa Diane

1. What do I value most in life?

You can have everything you want in life. The problem is, many people don't get clear on what they really care about and value in their life. So even when they get it—whatever “it” may be—they still feel empty, like something's missing. *For example, one of my big values is FREEDOM. I'm often asked to join speaking circuits or participate in multi-city seminars, etc. And people don't understand why I turn most offers down. But to me, having to jump on and off planes, living by a rigorous itinerary and losing the flexibility to make my own schedule (not to mention the fact that I'd have to own an alarm clock:) doesn't honor my value of FREEDOM.* You will only be happy and fulfilled when you're clear on what you value and those values are being honored in your life.

2. What do I want in life? What will my life look like 5 years from now?

You'll never have what you want if you don't know what you want. If you don't yet have a clear picture of exactly what you want in life—don't do another thing until you do. You must know your outcome. My suggestion is you grab a sheet of paper and make a list of what you truly desire in life. If you have trouble making the list at first, ask yourself what you DON'T want and then work backwards. For instance, if you DON'T want to be \$50,000 in debt—what DO you want? If you DON'T want to smoke cigarettes—what DO you want? Do whatever it takes to get clear on exactly what you want in every area of your life. You'll be amazed how quickly you'll have it.

Then take it a step further and look to the future by asking yourself what lifestyle you want 5 years from now. You have to have a balance between living “in the moment” and looking ahead to the future. The “5 Year” benchmark will help you always see the “big picture.” And here's the thing. If your life is really messed up today and you're unhappy with everything, you definitely need to be asking and answering all of these questions daily. But specifically think for a minute, “How will your life be different 5 years from now? Why will it be different?” If you keep doing the same things you've been doing, you'll keep getting the same things you've been getting—meaning NOTHING will change. Don't let this happen. Instead, stop being a bystander and start creating your life “on purpose”, beginning today.

3. What do I fear most? How can I bring love to it?

The Bible says, *“Perfect love casts out all fear.”* When you're afraid or in fear you can be sure it's because you've moved away from your Source. You weren't designed to live in fear. Living in fear makes it impossible for all the good that's meant for you to come into your life. So when you're afraid and don't know what to do, ask yourself how to bring love to it. Return to your Source.

4. What can I do today to move me closer to my desired outcome?

When you know what you want in life and what you value most, then the next step is to commit your time to activities and areas that will move you CLOSER to what you want. There are just 24 hours in a day. Don't waste your time on things that don't matter or even worse—on negative thinking, speaking and actions that move you further away from the life you desire. Make every moment count. Create a measuring stick in your mind that you use to determine how much time, effort and energy you will invest into anything—and base it on whether or not it's honoring your values and moving you closer to your desired outcomes.

5. What's great about this?

Norman Vincent Peale once said, *"Every problem contains the seed of its own solution."* This has always been a tough concept for me to wrap my head around. I guess it's the old, "every cloud has a silver lining" idea... but when you're in the middle of the storm it's hard to see the rainbow. So I understand it's not always easy... but it IS worthwhile to make this question the turning point for every challenge in your life. Stop... change your focus from what's wrong and how bad things are to recognizing the SOLUTION. It's right there—I promise. If you ask yourself, "What's great about this?" your mind will automatically shift from *"oh, woe is me"* to being a results-driven and solution-oriented over-comer.

6. What would 'love' do now?

This question may seem a bit unusual. However, you will soon discover that this simple little question is the solution to every negative encounter and situation you find yourself part of. Most people (even "positive thinkers") agree that certain situations "push your buttons"... to the point where you may lose your cool—or at least your good positive vibe. By nature, we are reactive. So, in situations that aren't pleasing it's easy to react all over the place. Using this question you can rise above this cave-man like inborn activator and learn to RESPOND. In every negative, low-energy situation you can bring LOVE to overcome even the worst of encounters.

Keep in mind that whatever you give out—you get back. The truth is, you can't afford the luxury of a hot temper, bad attitude or mean disposition. While others are yelling and screaming, complaining and criticizing, tearing down and strong-arming, YOU need to bring LOVE. Before you fly back with an unkind word or thought, ask yourself... "What would LOVE do now?"

7. What can I be grateful for right now?

Gratitude is the KEY to a long and happy, rich life. Learn to be grateful in all situations. Look for opportunities to practice gratitude. Constantly go out of your way to point out (to yourself) all that you have to be grateful for. Count your blessings big and small. Practicing an attitude of gratitude will fill your days with "miracle moments" at every turn. You'll be shocked how effortlessly you begin attracting avalanches of good into your life by simply being grateful in everything. Why not start now? Take a moment and think about all the things you're grateful for today.

8. How can I serve? What can I give?

We were created for contribution. No one is an island. In order to live a truly fulfilling and abundant life you MUST purposely look for opportunities to serve others. Giving back in your time, money, talents, love, kindness, expertise, and resources will assure that you attract even more of it into your life. The principle is you must GIVE what you want to get in your life. And I don't mean giving just to get back. When you practice giving from your heart the universe will bend over backwards to see that your every need and desire is met in abundance.

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health, wealth, happiness and peace of mind you deserve, check out
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