



The Path of Three Questions

The Path of Three Questions is a simple, yet incredibly powerful way to shift your energy and lift your spirits, anytime and anywhere. It is a perfect example of Mind Sequencing, the ability we all have to focus our attention and be at our best more often.

Here are the Three Questions:

1. Who am I when I am at my best?
2. How do I feel right now?
3. How do I REALLY WANT to feel RIGHT NOW?

Now let's take them one by one:

1. Who am I when I am at my best?

Everyone is a super person when they are at their best, and we encourage everyone to really embrace their own greatness. Make a long list of all of your positive characteristics, and then pick the top three to five and memorize them so that you can answer this question in an instant.

Hint: There is magic in this question! When you focus your attention, even for a moment, on who you are when you are at your best, you immediately begin moving towards that state of being! **You are already on your way!**

2. How do I feel right now?

This is the question that facilitates greater self-awareness. Be honest with yourself about where you are and how you are feeling. See the gap that almost always exists between where you are right now and who you are when you are at your best.

Hint: This is a setup for question three!

3. How do I REALLY WANT to feel RIGHT NOW?!

Here's the real magic! When you are passionate about shifting and you focus your attention on closing the gap and becoming Your Best Self again, you immediately move quicker in that direction. Just keep focusing your attention on Your Best and you will experience it again!

Hint: Use one or more of the many Mind Sequencing techniques to accelerate the shift. It will go quicker and you will rise higher!

If your shift is not going as quickly or as far as you want it to, you may want to employ **the two bonus questions**:

4. What is keeping me from feeling the way I want to feel right now?

This is a quick dive back into the gap. Some of the typical reasons include being too tired or being distracted by something else that seems more important.

Hint: If you are stuck, it is almost always because you are either too tired or too scared to focus!

5. What actions am I willing to take RIGHT NOW to be at my best again?

If you are stuck or the shift is going too slowly, then change your approach! Use a different sequence of thought and action. Take a longer road and/or a path that involves physical movement. Get up! Stretch! Dance! Focus! **You will make it!**