

Tools for the Daily Walk – Empowering Questions

Asking questions is a powerful way to open up creativity, choice, and possibility. Questions can either be empowering or disempowering.

Empowering questions are proactive. They are success and solution oriented. They stir creativity. They raise our state and promote positive change. Examples of empowering questions include:

- "What is possible?"
- "How can I _____."
- "What are 3 ways I could _____."

Disempowering questions focus on problems, fears, what is not working, and lack. Disempowering questions often use circular phrases using the word "why?" They are circular in that there is no answer. The brain is forced to retrieve information from the past. Disempowering questions increase our fear, doubt, and worry. They lower our self-esteem and keep us stuck. For example:

- "Why can't I?"
- "Why do I always?"
- "Why does this happen to me?"

Putting it all together: Exercises in Choice

Encourage your clients to take back their **power** by stewarding their God-given power to **choose** (thoughts, feelings, words, actions) and focus on progress not perfection. Their empowering declarations can include:

- *I will choose to unconditionally LOVE and ACCEPT myself.*
- *I will choose to let go of the past, stay in the PRESENT; **I** Understand everything happens in the now.*
- *I will choose to give my ATTENTION and intention to that which I desire (not what I lack).*

©2018 Prosper in All Things, Brenda Byers. No part may be duplicated without express permission

- *I will choose to live with a possibility mindset and ask EMPOWERING QUESTIONS.*
- *I will choose to courageously take bold & inspired ACTION.*

What is Coaching Success?

- Client has an understanding of the difference between empowering and disempowering questions and develops awareness of the questions they use.

©2018 Prosper in All Things, Brenda Byers. No part may be duplicated without express permission