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15 Essentials
to
Ask
Yourself[©]

By
Elizabeth Alraune

Questions can direct us or paralyze us.

Questions can help us stand back, and see or hear or experience things in a whole new way. It may be the way to something helpful, or it may reinforce what we believe to be true.

It all comes down to what works *for you*.

Does the outcome of your belief bring you what you want? If not, consider there might be other possibilities.

Think you know the answer? Be careful to be sure you're asking the right question.

Email me at e@jolo.com, and let me know what you think!

PS to receive the original **15 Essential Things to Ask Yourself**, please visit 15Essentials.com

Do you love
because it feels good

Or

Does it feel good
because you love?

Do you breathe
because you live

Or

Do you live
because you breathe?

Do you think
because you feel

Or

Do you feel
because you think?

Are you beautiful
because you see beauty

Or

Is there beauty
because you are beautiful?

Do you see
because there is something
to be seen

Or

Is there something
to be seen
because you see?

Is there discord
because there's fear

Or

Is there fear
because there is discord?

Does the sun shine
because there is a lack of
night

Or

Is it night
because of a lack of
sunshine?

Do you eat
because you are hungry

Or

Are you hungry
because you eat?

Do you give to get

Or

Do you get to give?

Do you say what
you think about

Or

Do you think about
what you say?

Is work your purpose

Or

Is your purpose the work?

Do you dream to inspire

Or

Are you inspired to dream?

Do you communicate
because you relate

Or

Do you relate
because you communicate?

Are you a poet
because you write poetry

Or

Do you write poetry
because you are a poet?

Do you disregard words
because they're unimportant

Or

Are words unimportant
because you disregard them?

