

Kathleen Martin Coaching

Power Questions

The circumstances of our day to day experiences are the result of decisions we made yesterday, last week, last month and last year. We don't end up being thousands of dollars in debt because of one extravagant purchase; gain 20 pounds because of one decadent dinner and our relationships don't end because of one heated argument.

We are where we are because of the decisions we make everyday. To understand our current reality, all we have to do is look at the choices we made and continue to make day in and day out.

Honestly asking questions will help reveal our true motivations and regain control of our life. Asking the questions below will wake you up and bring you into a state of conscious awareness to be able to be in the 'seat of power' to be able to make the choices that support your dreams and desires and to live the life you want.

- Will this choice move me toward the future I want or keep me stuck in the past?

- Will this choice bring me long term fulfillment or short term gratification?
- Am I being true to myself or trying to please another?
- I am looking for what's right or what's wrong?
- Will this choice add to or take away my energy?
- Will I use this situation to grow and evolve or use it as a way of feeling bad about myself?
- Does this choice make me feel powerful or powerless?
- Is this choice an act of self love or self sabotage?

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