

Questions That Make A Difference: The Daily Question Process

Challenge yourself daily to stay true what's most important to you. It is often too easy to forget and/or to neglect the things that matter to us the most. To lead to higher satisfaction in live, it's enough to begin with answering the following six questions:

Did I do my best to...:

1. Set clear goals?
2. Make progress toward goal achievement?
3. Be happy?
4. Find meaning?
5. Build positive relationships?
6. Be fully engaged?

The good thing about beginning these questions with "Did I do my best to..." is that it is almost impossible to blame someone else for my failure. No one can be responsible for "Did I do my best to..." but me!

Each question is put on an Excel spreadsheet and is answered with a 'yes' (use a 1 on the spreadsheet) and 'no' (use a 0) or a number. This exercise moves very quickly!