

*"You can tell whether a man is clever by his answers.
You can tell whether a man is wise by his questions."
- Naguib Mahfouz*

Whenever you find yourself facing a 'problem' – whether in your family, career, relationships or any aspect of life – select at least 3 of the following questions (whichever resonate best for you) and reflect on your answer. Journaling is a great way to do this. Remember, problems do not exist 'out there', they exist within us and in how we are observing them. By being open to asking new and better questions, by being willing to admit that we don't have all the answers (as much as we'd like to think otherwise) and by having the courage to challenge those answers we think we do have, we can come to live with greater wisdom and to master the challenges that life presents to us with more clarity, confidence and courage.

1. *How did I contribute to this situation I find myself in?*
2. *What is the deeper learning for me to gain from this challenge?*
3. *If I am to face this challenge with the courage and integrity I aspire to have, how will that alter what I do and say?*
4. *Who do I need to be to rise to the challenge that lies before me?*
5. *How else could I view these circumstances that would leave me feeling more empowered in dealing with them?*
6. *Where am I letting my fears and self-doubts determine my response to this situation?*
7. *If I could trust in myself completely knowing that whatever happens, I can deal with it, how would that impact my choices?*
8. *Is there a pattern to this 'problem'? How has my way of dealing with this problem perpetuated this pattern?*
9. *What am I doing that I wouldn't want others to know about? Is the pay-off worth the price? What's the cost I'm not fully acknowledging?*
10. *What conversation do I know I need to have that I'm putting off? Why? At what cost?*
11. *Am I trying to force an outcome? Why am I meeting such resistance? What do I need to let go of?*
12. *What emotions am I failing to acknowledge fully? How is this undermining my ability to address the situation effectively?*
13. *Who would I most like to be like? What is it about them that I admire? What's stopping me being more like them?*
14. *Where am I failing to be honest and authentic with those around me? How is this impacting my relationships? Why am I afraid of revealing who I am and how I feel?*
15. *Am I genuinely happy? If not, why not? What unfulfilled needs are undermining my contentedness?*
16. *Where are the assumptions I am making about other people and/or the underlying problem simply invalid?*
17. *Am I pretending something is okay that I intuitively know isn't?*
18. *Am I settling for less than what I really want? For what pay-off? At what cost?*
19. *Where am I letting other peoples' opinions determine my choices and run my life? Why do I care so much about what they think?*
20. *Where am I saying yes when I want to say no? What is this costing me? What am I afraid of? Is it worth it?*
21. *Does my future inspire me? If not, what future would?*
22. *When I look back on my life, what might I regret more than anything else not having tried to do?*

"Problems cannot be solved at the same level of thinking at which they were created." - Albert Einstein