



5 Empowering Questions to Help You Thrive in Life

by REENA DE ASIS / MOVE FOR MINDS: TIPS FOR A HEALTHY BRAIN & BODY / AUGUST 26, 2014

“Why me?”

Over 7 billion people worldwide have reason to ask this same exact question. However, some choose to positively pose the question, like Marianne Williamson in *A Return to Love*.

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be?”

Purposely asking empowering vs. self-defeating questions is where your shift of self-discovery and a well of prosperity can flourish.

Take flight and ask yourself these five questions:

- How can I turn my challenges into learning opportunities?
- What have I learned from my struggles that have made me a better person?
- What am I thankful for?
- What am I willing to let go of, so I can allow greater experiences to come into my life?
- Why do I deserve to be healthy and happy?

Similarly, embracing life’s “challenges” is akin to driving a stick shift car. You have to switch gears to move forward or you might end up stalling or not moving at all. Besides, if you were going to stop in your tracks, wouldn’t you rather smell roses rather than a burnt clutch?

Thus, you can steadily move beyond surviving to thriving by allowing yourself to learn and grow, regardless of your circumstance.

Think about it. There is a lot of power in words to help you reframe your state of mind.

For instance, if you keep asking negative questions, you end up with answers that are subpar. Like: Why can’t I get a break at work? Why do I attract unavailable partners? Why can’t I lose weight?

Instead, ask: Why am I fortunate with this work opportunity that allows me to enhance my professional development skills? Why have these blessings in disguise come into my life to reinforce that I deserve my heart’s longing? Why do I believe I can improve my health and positively change?

“It is not the answer that enlightens, but the question.” ~ Eugene Ionesco *Decouvertes*.

You aren’t here to solely exist, to merely take up space or suffer. You are here to be self-actualized, to love, be of service and prosper!

Humans are extraordinary beings that can change and adapt with life’s myriad of opportunities. We often feel limited based on our negative thoughts and beliefs. No doubt there are certain situations that can temporarily hold us back and, in fact, in these moments are the perfect time to surrender.

There is truly an art in courageously letting go. Whether you are religious or not, the serenity prayer is applicable to us all.

“...Grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference.”

Make it a way of life to thrive and be optimistic; especially when you are vulnerable and faced with adversity. Why not be positive and take the high road? It’s a path that will allow you to be grateful, to tap into your happiness and the subtle sweetness of life. Lastly, after we inevitably fall apart, the only way to go is up! Unless you like being curled up on the ground, but I think you and I can agree you have better things to do with your time. Life is a daring adventure, choose love to light your path.

Image Credit: *AwakeYourSoul* on etsy

ABOUT THE AUTHOR



Reena De Asis is a community connector with over 12 years of experience committed to her passion for community relations, strategic partnerships, corporate social responsibility, writing, volunteer and event management. She is a marketing communications consultant, freelance writer and the director of operations for Dress for Success Worldwide –West, an international nonprofit organization that helps disadvantaged women find jobs and remain employed. Words to live by: “My life is my message.” ~ Mahatma Gandhi. Connect with Reena on Twitter: [@givingcore](#).

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