

# 7 Questions to Ask Yourself to Make the Most of Each Day

By Kate Monroe, CEO

Each day provides the opportunity to make your life a little better or a little worse. Most of us are too focused on surviving another day, or too distracted, to be focused on the things that matter the most to us.

Asking yourself questions is a great way of focusing your attention and setting your priorities. When you ask yourself something, your brain can't help but try to answer it. Give it something worthwhile to answer.

**Asking yourself meaningful questions on a regular basis can change your focus and your life.**

**Consider asking yourself these questions:**

- 1. What is the most important thing I need to accomplish?** To get the most out of each day, it's necessary to get some things accomplished. What are the most important things you need to accomplish? How you spend your time determines the quality of your life.
  - **Asking yourself this question each morning will give you the chance to design the day around your most important goals.**
- 2. What am I tolerating?** We tolerate too much. We're taught to be tough, indifferent, and tolerant. But all of the things that get on your nerves take their toll after a while. You are the only person that's going to consistently have your best interests at heart. What are you tolerating?
  - Bad relationship?
  - A stove with a broken burner?
  - A dead bush in front of your house?
  - A terrible boss?
  - An extra 30 pounds?
- 3. What problems or challenges do I foresee happening in the future?** Most of the challenges we face in life aren't surprises. We can reasonably predict they

have a good chance of happening. We'd just rather not address them or even think about them.

- **It's easier to prevent a disaster than to deal with it.** Look into the future and be proactive.
4. **What mistakes did I make today?** If you never repeated a mistake, it wouldn't take long before you were a remarkably successful person. Think of how much better your relationships would be. Think of how much better you would be at your job.
    - Identify your mistakes and make a decision not to make them again.
  5. **What am I grateful for?** This question puts you in a great frame of mind. It reminds you that your life is already pretty good. It also gives you the courage to take smart risks. Gratitude is a powerful state to address the world from.
  6. **What am I looking forward to?** If you have something to look forward to, you'll feel a rush of excitement and enthusiasm. If you don't have something to look forward to, you'll realize that you need to make plans to do, see, or receive something exciting in the future.
  7. **What do I want to change about myself?** We don't come perfect right out of the box. We have to grow and change in new ways depending on what we want to accomplish.
    - **Our greatest ability is the ability to adapt.** In what ways do you need to adapt so that your world becomes what you want it to be?

How long would it take to ask yourself these questions each day? Five minutes? Do you have five minutes available each day to change your life for the better?

What do you predict would happen if you asked yourself these questions each day?

**These questions will make a difference in your life if you use them regularly.** Take control of your focus by asking yourself the right questions each day. What are some other questions that you believe would be valuable?