



Self-Discovery Questions:: 155 Breakthrough Questions to Accelerate Massive Action

Barrie Davenport

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Become Your Own Personal Coach

Wouldn't it be great to have a life coach in your corner at all times to ask you probing questions and help you figure out how to move your life forward in the best direction? What if you had someone who knew exactly what to say to draw out your deepest desires and help you achieve your goals and dreams? Having a personal coach is wonderful, but if you know the right questions to ask yourself, you can become your own coach, mentor, and motivator.

The Power of Self-Questioning

Self-questioning is a highly useful and powerful technique for creating awareness and self-discovery. By asking the right questions, you open hidden doors in your mind leading to solutions and "aha" moments in your career, your relationships, and your personal growth. These questions reveal the uncharted territory of your nature and motivations, areas you may not have consciously explored previously. They compel you to break from reactive or automatic behaviors so you can take action for positive change based on self-knowledge and more evolved beliefs about yourself and your experience of the world.

Take Control: How Self-Discovery Questions Can Change Your Life

When you get serious about self-questioning, you won't be able to sit on the sidelines any longer and wait for things to happen in your life. You will no longer accept being a reactor to life — you'll insist on being the creator of your destiny and the quality of your life. Questions reveal what is going wrong with your life, where you need to change, and what you long for that you haven't accomplished. Once you are completely honest with yourself about these things, you simply can't accept the status quo any longer. Action is required, as your answers to the questions reveal exactly what you need to do to take charge of your own life.

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Self-Discovery Questions is your handbook for taking control of your life, one powerful question at a time. It's your go-to guide for uncovering exactly what you need to know about yourself to make massive change

for the better in your relationships, your career, your health, your finances, and virtually every aspect of your life. Give yourself the gift of time to go through each question, read the question prompts, and keep a personal journal of your responses and the actions you intend to take. By asking yourself these breakthrough questions, you'll ignite your inner fire to become your very best self.

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Dennis Bryant:

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Fred Martinez:

Playing with family in a very park, coming to see the marine world or hanging out with pals is thing that usually you might have done when you have spare time, subsequently why you don't try issue that really opposite from that. One particular activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love Self-Discovery Questions:: 155 Breakthrough Questions to Accelerate Massive Action, you could enjoy both. It is fine combination right, you still desire to miss it? What kind of hang-out type is it? Oh seriously its mind hangout men. What? Still don't understand it, oh come on its known as reading friends.

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