



Five Powerful Questions to:

A Happier Life

lorifrison.com

©2021 Lori Frison. All rights reserved.



1

What do you truly want?

Your desires matter. Honor them.

As a little human you were told, “You get what you get and you don’t have a fit”. So you obediently spent a lifetime squishing down what you want. This probably made you adorable in the eyes of your caregivers but unfortunately it left you floating without oars on the ocean of life.

Your desires are your guide to expressing your true heart in the world. Those urges to write, to move to Texas, to go to grad school...those urges are your own special finger print. They feed your soul and expand you into the fullness of your being.

Be willing to feel your thirst. Notice the energy that surges through you when you open to what you want. Even if you don’t act on it, see the longing. Let it be okay. No judgment. When you ignore those whispers, your passions get choked and dreams die while they are still seeds in the ground.

Try putting your hand on your heart and return to this question over and over throughout the day...What is it that I want?

What do you truly want?

Give your desires a voice in the space below. Let them flow like water up from your roots to nourish your becoming.

A large rectangular box with a light gray border and a subtle drop shadow, containing 20 horizontal lines for writing. The lines are evenly spaced and cover most of the box's interior.

2

Are you putting others first?

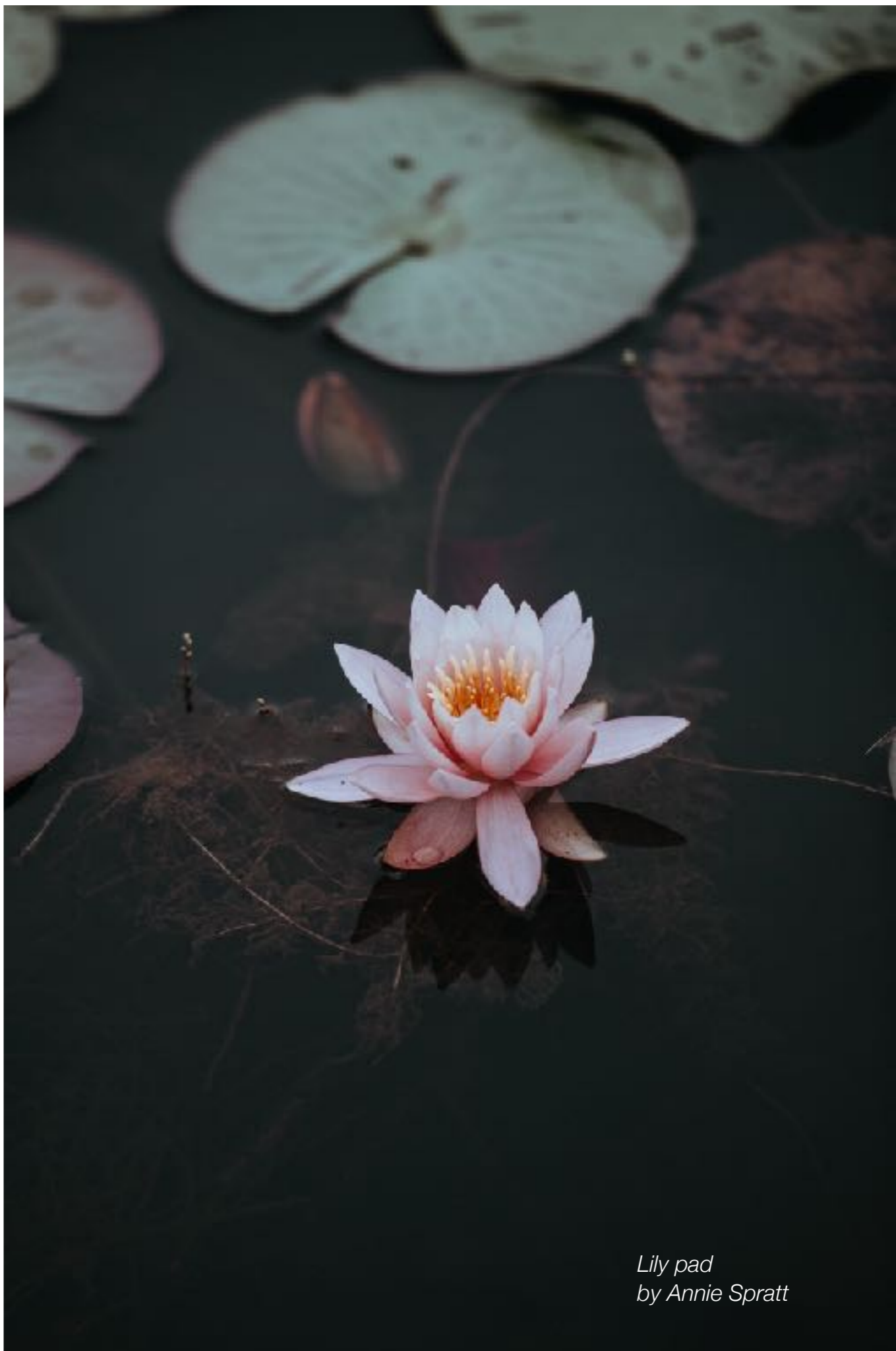
Self care is not selfishness.

Embrace your *number one* job in life: Taking really good care of you. No one else can do it for you.

The unspoken contract in relationships is often-*you take care of me, I'll take care of you*. But does this really work? One thing for sure, subverting your needs will never ever, ever, fill your bucket. It leaves you dried up like a burnt little crisp of charcoal. Depleted. Nothing left to give.

If you consistently consider others before yourself, it is a habit driven by fear. Fear you will be rejected, alone, or perhaps criticized as “selfish”. Gently begin to befriend this fear dragon and open to the idea that you are at least as deserving as any other human on earth. Rather than one person wins while the other loses, the task becomes- how can we all get what we need?

Use this powerful question to claim your place as the most important person in your life.



Where are you putting others first?

This may sting a little but it's a good kind of hurt. Consider the situations and people that cause you to let go of you.



*Desert Cactus
by Cody Doherty*

3

What went well?

Find and savor the sweetness.

Your brain is literally made to find problems, threats, and dangers. Psychologists call it a negativity bias and we all have it.

The people with white lab coats and pocket protectors say this bias comes from our ancestors who had to focus on dangers to survive. Tragically, your brain doesn't have a similar mechanism for detecting the good, the blessings, and the abundance.

Unless you practice finding the good in yourself and your life you'll naturally be drawn to the darkness. The simple act of noticing and savoring is all that you need to build a reservoir of undeniable well-being. So next time you get the parking spot by the door, you exchange smiles with a friend, or find money on the ground, let the warmth bubble up in your heart for a few seconds. Over and over shift your attention to what's going well. What's delightful? Appreciated? And enjoyed? Oooo yum!

Expand your capacity for finding the spectacular in the ordinary by asking yourself, what's good here?

4

Does this choice move you forward?

Grow beyond old habits and patterns.

Your conditioning limits you like a prison guard to the confines of what you've learned or experienced. If you've ever lamented over yet another ice-cream hangover or episode of impatience with your kids, then you know the very real power of habits. Ugh.

The counter force to your conditioning is your awareness. It connects you to your higher self, the place where your deeper life satisfaction originates. Awareness is slow and deliberate while conditioning is lightning fast and ignites automatically before any real thinking or choices are made. Insert frustration here.

Slowing down is the key to breaking old patterns. Sometimes you have time to reflect on your choices but other times you just have to sit down for a second to allow your thinking brain time to catch up.

Get intentional in your life by asking yourself the question, which choice moves me forward?



*Oregon Coast Tunnel
by Kyle Glenn*

Which choice moves you forward?

Pick a specific change you've been wanting to make. Get off auto pilot and single out the choices that will move you forward. See opportunity for making tiny steps in the direction you want.

A photograph of a small green tree growing on a rocky outcrop against a blue sky with white clouds. The tree is the central focus, with its leaves and trunk clearly visible. The background is a bright blue sky with soft, white clouds. The foreground shows the texture of the rock the tree is growing on.

5

Is this thought a fact or an interpretation?

Creating your own positive experience.

Your thoughts are releasing bits of energy all day long. Some thoughts lift you up. Some thoughts slam you down. Begin to recognize the affect your thoughts are having on you. Learn to wiggle free from harmful assumptions, resistance to the truth, or unnecessary emotional intensity.

Being the owner of a brain is an awesome responsibility. Begin to shape your own experience by taking charge of your self-talk and the interpretations you're making. The roommate in your head is here to work for you, not against you. Make their words the most supportive words you'll ever hear.

Let your emotions be an alarm bell. When you're upset, pay attention to what you're thinking. Asking yourself, is this thought a fact or my interpretation? It will help wake you up to other possible interpretations of your situation.

A space launch to greater happiness...

High quality questions are a potent tool for directing your attention and shifting your mindset. They reveal the missing information you need and open you to a wealth of possibilities for transforming your life.

It's impossible for your life to stay the same when you change the questions you ask!

Contact me to discover how questions can be used to make the positive changes you want.

All the best to you!

Lori

lorifrison.com

