

CHANGE THE QUESTION

The questions you are unconsciously asking determines everything

Hi,

I know how stress and anxiety can overwhelm us at different situations we might experience, and it got me to an understanding on how the questions we ask our selves shape our state, actions and can even determine our destiny. Because these questions are very deep behind our conscious mind that everyday and time we are acting on an answered question without maybe really considering the question that has led to the action.

Consider this - A man is about to make a presentation and then he ask:

"How can I do a great job?"

Imagine if he asks:

"Will I mess up?"

The effectiveness of his performance will really be determined by the question that he **CHOOSES** to dwell on.

Change the question you choose to dwell on and your actions and feelings will change.

Sincerely,

GM-4 Team

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