PRACTICE: RECALCULATING...

Every choice either feeds our inner fire or throws dirt on it. Miss a turn, and your GPS doesn't scold you. It finds a new route from right where you are. This week, try treating yourself the same way.

A choice that scared me but empowered me:

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A wrong turn I took this week, and what I was really needing:

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What I said to myself when I noticed: a sigh and "dumb move," or a calm "Recalculating"?

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YOUR PRACTICE THIS WEEK

With one small choice each day, pause and ask: Does this choice empower me? Is it moving me toward something that matters to me? Where is this taking me? If you drift off course, say "Recalculating," and take the next turn from where you are.

At the end of the week: Where did my choices take me?

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What Are You Asking?
The Questions That Change Us

WEEK THREE
Where Is This Taking You?



Sometimes the way forward begins
not with the right answer,
but with a better question.

If you'd like to read along:
Chapters 5 and 10
The Right Questions
by Debbie Ford

QUESTIONS FOR WEEK THREE

Does this choice empower me, or does it disempower me?

Will this choice bring me long-term fulfillment, or will it bring me short-term gratification?

KEY IDEAS

• A choice doesn't have to feel good to be empowering. Sometimes the empowering choice is the uncomfortable one, and sometimes it's rest.

• The answer isn't the same for everyone. What matters is whether we're choosing from intention or reacting from habit.

• The problem isn't the need, it's the strategy. When we reach for a quick fix, we can get curious about what we're really needing.

• Awareness without condemnation gives us room to choose again. We don't have to get every choice right.

"Our thoughts are the designers of our destinies."
Debbie Ford, The Right Questions

REFLECTION: CHECK YOUR COMPASS

Choose a recent choice you'd like to look at again, big or small. Describe it honestly, without judging yourself.

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Check your compass: Does this choice empower me, or does it disempower me? How did my body let me know?

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Check your compass: Will this choice bring me long-term fulfillment, or will it bring me short-term gratification?

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What was I really needing: comfort, rest, connection, reassurance, belonging? Is there another way to meet that need that also honors the future I want?

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If I keep heading this way, where do I end up a year from now?

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