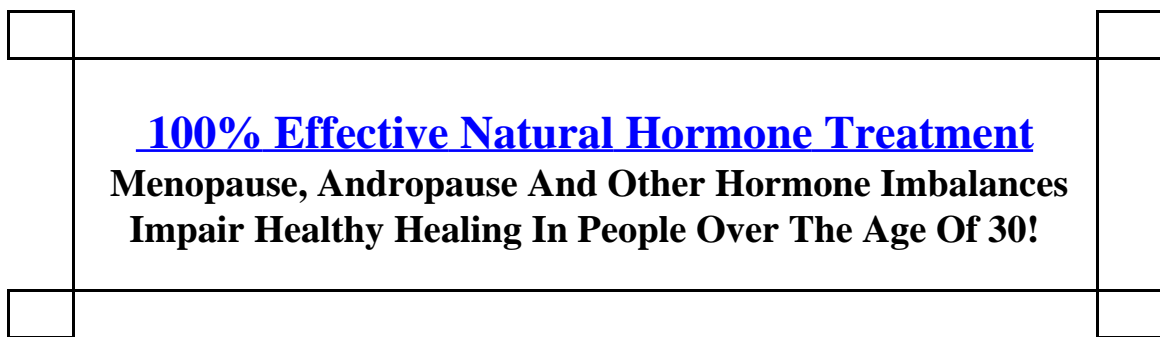


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How Otherwise Questions can Produce Supersize Successes

By Doug C. Grant

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**HOW OTHERWISE QUESTIONS CAN PRODUCE SUPERSIZE SUCCESSES**

(from the i-mail' files)

by Doug C. Grant

There are two types of questions. Stupid and otherwise.

I specialize in stupid. I am trying for otherwise.

I asked myself yesterday, "How come I'm not financially independent?"

The reply was instant. "Because you ask stupid questions."

This dialog is part of my i-mail system. That's like e-mail except it's internal. Some people call it 'talking to yourself'. But self-talkers are generally considered an inch or so below standard so I refer to my discussions as i-mail'.

## How Otherwise Questions can Produce Supersize Successes

Continuing the correspondence with Other–Self, I responded, "And what's so stupid about asking why I'm not financially independent?"

"Because asking a question like, "Why don't I have something?" puts the honey–whizz on lack. And when you put the honey–whizz on lack, the only thing you're going to get back is more lack."

I thought about that for awhile before sending my reply. "So, are you saying that if I don't think about lack I'll have whatever it is I lack?"

"You're getting warm. But you still have to ask the right question. Such as, What can I do to attract more wealth into my life?"

By this time I can tell you I was getting pretty excited. "You mean all I have to do is ask a question about attracting more wealth and riches will come?"

I distinctly heard an exasperated sigh from deep within. "It does help if you wait for an answer."

"But what happens if the answer doesn't come?"

"You keep asking."

This didn't seem to be leading anywhere so I decided to try a different approach. "Just who is it that I'm supposed to ask?"

"The wind, my friend. The wind. You ask the wind."

I got a bit huffed over this response. "Oh, that really does sound sensible. I'm supposed to put a lot of effort into coming up with just the right question. Then I shout it to the wind. Come now. Do you play me for a fool?"

"I don't have to play you for anything. You perform the function quite well without my help. As for the wind, there is no need to shout. You don't even have to whisper. Thinking will be quite sufficient. The wind will pick it up."

"So now you're saying that all I have to do is think the right question and the answer will arrive?"

"Not exactly arrive. It may come packaged in a newspaper sentence, a comment on television or advice from a friend. The important thing to remember is that by asking the right question over and over, you are opening yourself to the right answer."

Although I still had my doubts, I was getting a tiny glimmer of what Other–Self was talking about. "But how do I know when the right answer comes?"

"The same way you know ice cream is good. You taste, experience and digest it. If it is exactly the right idea to the right question, it will melt across your brain and send you whooping into action."

"Will this right question, right answer' stuff work with other things besides money?"

"Oh, so now we're back to stupid questions, are we?"

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Doug C. Grant retired from a successful career as a nationally recognized business writer & marketing consultant. He now helps members of the Over-50', crowd live healthier, happier and more productive lives through his Empowered Maturity Web Site (<http://www.douggrant.com>) and an on-line interactive seminar.

### **A Powerful Year-End Meditation**

**By ADD Coach Jennifer Koretsky**

### **A Powerful Year-End Meditation by ADD Coach Jennifer Koretsky**

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At the close of the year, we often find ourselves thinking ahead to the next year. We think about all the things we didn't accomplish this year, and vow to accomplish them next year. Few of us take the time to reflect on the past year and look at our successes and the experiences that we have learned from.

Before you start thinking about New Year's Resolutions, take some time to meditate on the year that's gone by. Doing so will allow you to reflect on what's important to you, and to create a meaningful plan for the New Year. Set aside some time to think about, write about, or talk about your answers to the following questions.

Looking back on 2004...

What were my successes?

What did I do that I haven't given myself credit for?

What unrealistic expectations did I hold myself to?

What would I do over, if given the opportunity? What lesson did I learn from this experience?

## How Otherwise Questions can Produce Supersize Successes

Looking forward to 2005...

What did I want to accomplish in 2004 that I wasn't able to?

Why was this important to me?

What held me back?

What am I willing to do differently?

End your meditation with...

Who are the people I am most grateful for?

What are the strengths and skills I am most grateful for?

What is my best quality? How will I share this quality with more people?

Happy New Year!

Jennifer Koretsky is an ADD Management Coach who helps adults learn how to manage their ADD and move forward in life. Subscribe to Jennifer's free email newsletter, The ADD Management Guide, by visiting <http://www.ADDmanagement.com/e-newsletter.htm>.



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