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How to Turn Two Questions into a Life Changing Experience

By Doug C. Grant

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Author Name: Doug C. Grant

Contact Email Address: [doug @doucgrant.com](mailto:doug@doucgrant.com)

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**HOW TO TURN TWO QUESTIONS INTO  
A LIFE CHANGING EXPERIENCE**

by Doug C. Grant

Here are two questions to ask yourself:...but they must be asked and answered in a special way.

1. How am I feeling right now?
2. How would I like to feel?

Simple. Right? But don't let 'simple' fool you. There's a lot of power behind those two questions.

YOU'VE PROBABLY HEARD OF JOURNALING.

That's the process of putting your thoughts down on paper. Perhaps you've always considered it an intellectual's past time. Or maybe you think it's too much of a bore and bother. Besides, you doubt if any of your thoughts are worth putting on paper.

Back up! Let's take a second look.

Journaling is a powerful 'feel-good' tool. But here's a bit of a twist on the standard rules. I call it the Empowered Maturity Approach to Journaling.

1. You can use any old notebook or even just a piece of paper. (I like to use those small 'class-note' booklets available at any discount store. My wife prefers the full size spiral notebooks. The thicker the better.)
2. Never write for posterity. I seldom ever read past entries. They belong to yesterday. That's because I'm not keeping a diary of events. I'm primarily writing about feelings.  
  
(I know that a dedicated journalist will have heart seizures over this approach. They have bookshelves lined with leather covered volumes. They not only enjoy rummaging through the pages of their past but feel they are writing for future generations. I write with no such pretensions. Besides, I use so many abbreviations and shorthand symbols that no one else could even begin to break the code...or want to. I trade speed for readability.)
3. Neatness doesn't matter unless scribble really bothers you. The important thing is to get your thoughts down quickly. At best, your brain will always outrun your pen.
4. Before writing anything else, start with the two questions at the beginning of this article. Don't just treat them as a mental exercise. Actually write them.
5. Finally, write out the answers to the two questions.

Again, this is not a mental exercise. The actual process of writing is important.

HERE IS AN EXAMPLE.

This morning I felt fine until I woke up. Immediately I noticed I was uptight. No particular reason. But I knew by the way I was feeling, I could look forward to a day of tension and irritation.

I immediately went into my home office, grabbed my current Journaling Book and wrote this question. "Exactly how do I feel right now?"

I wrote out a top to toe analysis. I didn't bother asking

why I felt the way I did. I doubt if I even knew. I just wrote what I felt.

Next, I wrote, "How would I like to feel?" I really gave my answer a workout. I wrote about feeling enthused, relaxed, full of vitality. I painted a verbal picture of marvelous health and well-being. I filled several pages of scribble about how tremendous I felt.

Notice, I didn't use future tense. I wrote as though my condition of well-being was NOW.

How did I feel when I was done? Better. Not great but definitely rambling along on a more positive track. And, as the morning progressed, the good feelings kept getting stronger.

**THIS IS ONLY A START ON EMPOWERED MATURITY JOURNALING...BUT A GOOD ONE.**

If you do nothing but write answers to the 'how do I feel' and 'how would I like to feel' questions, they can substitute for a lot of pills and potions. Use them whenever you experience mood slippage. Instant action can reverse a negative slide and add a lot of 'up' to what might otherwise become a miserably 'down' day.

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## How to Turn Two Questions into a Life Changing Experience

Get more facts, techniques and information about living healthier, happier and being more productive. Subscribe Free to Doug C. Grant's bi-monthly e-zine, THE EMPOWERED MATURITY PAGE. It's directed toward the over 50 Crowd but good reading for anyone wanting to boost their life up a notch or two. Subscribe at:  
mailto:empoweredpage@smartautoresponder.com

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 (or any age) live healthier, happier and more productive lives through his Empowered Maturity Web Site (<http://www.douggrant.com>) and an on-line interactive seminar.

### **How To Have A Life Changing Experience**

**By Dave Stephenson**

Can you really plan a life-changing experience, or do they just happen? Are they accidents of fate, inherited life forces, or can they be experiences that we choose?

A brief story. Soon after graduating I left home for adventure and discovery, and perhaps a life-changing experience. My mind was virtually a blank canvas for experience to paint a path for my future. I travelled afar and engaged in different employments in different places. I met many interesting people, in interesting places on my journey to discover what I wanted to do with the rest of my life. A year passed. I'd had a fantastic time, but, I hadn't really discovered where my future lay. I returned home and took up employment related to my degree WITHOUT a passion. To cut a long story short, despite moving around the world I continued in unfulfilling employment and wondered how things could change.

So many times have I heard reports of devastating experiences or holidays of a lifetime but are they really? Is a life-changing experience one that shapes a moment in time or is it an experience that we savour day in, day out, for the rest of our lives. Isn't the real experience the present and our thoughts we want to capture, and remember, and become a foundation for our existence.

It was some years before I really managed to grasp my life to make it a 'life-changing' experience that we all seek. You can explore the world in search of life's riches but until you're really appreciate that you can mould your existence, you may not find that life-changing experience. Take time to explore your mind and discover who you are, and who you want to be, before you leave home. You'll then be on a journey that you can savour with a passion.

Dave has a degree and has studied the sciences behind self improvement for many years. He has a passion for making the tools for self improvement widely available and operates the website:

How To Have A Life Changing Experience

## How to Turn Two Questions into a Life Changing Experience

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