

21 Empowering Questions You Should Ask Yourself



By Luke Miller | [Truth Theory](#)

Questions are great for opening up the mind as they are nearly impossible to ignore. If I say to you- what's your favourite colour? Or what's your favourite movie? Your mind will try to come up with an answer.

The human brain is wired up to seek out conclusions – This has been proven with something called The Zeigarnik Effect which shows that when we are interrupted in a task we are far more likely to remember that task and seek a conclusion to it.

Think of the most popular TV shows- Game Of Thrones, The Sopranos and even Keeping Up With The Kardashians (I promise I do not watch it!)

These programs are so successful because they keep you in suspense, keep asking questions and they never give you the full answer. So you tune in next week, get some of the answer

and then they ask you another 5 questions.

Questions can also be empowering and motivating for you and if you continuously ask yourself the right questions they can help aid you in your journey.

21 Empowering Questions You Should Ask Yourself

1. If I was not afraid I would?
2. What makes me happy?
3. What excites me?
4. How can I make the best use of my time?
5. How can I achieve financial freedom?
6. Who do I love?
7. Who loves me?
8. What do I love doing?
9. What makes me feel proud of myself?
10. What am I committed to in my life?

[READ THE REST OF THE ARTICLE.](#)