

## **Life-Changing Questions**

Here are some simple but powerful questions which can, over time & with deliberate practice, transform you – if you ask yourself:

- ***Am I Present?***
- ***Am I Open?***
- ***Am I Doing What Matters?***

These questions form the basis of psychological flexibility: mindful, values-based living.

Ask yourself: **Am I present?** That is, am I focused on what I am doing, or engaged with the world around me, or paying full attention to the people with whom I am interacting? **If the answer is yes**, great; notice how much more effective you are, or how much more fulfilling your life is, when you are fully present. **If the answer is no**, then gently acknowledge that you are distracted, unfocused, half-present, disengaged or operating on *automatic pilot* – refocus your attention on wherever you are, whatever you are doing, whoever you are with.

Ask yourself: **Am I open?** In other words, am I making room for my thoughts & feelings; allowing them to flow freely through me, instead of resisting them, running from them, or getting swept away by them? **If the answer is yes**, notice how much easier your life is when you allow your emotional weather to be as it is. **If the answer is no**, kindly acknowledge this, & then see if you can gently open up & make some space for your thoughts & feelings. For example, breathe into a feeling, or acknowledge 'I'm having the thought that...' See the difference even a little more openness can make.

Ask yourself: **Am I doing what matters?** For instance, am I acting on my values, doing something meaningful or purposeful, behaving like the kind of person I want to be? **If the answer is yes**, take a moment to savor the richness this adds to your life. **If the answer is no**, kindly & gently acknowledge this, then get in touch with your values. You may then decide to go & do something completely different, or continue what you are doing, but now link consciously it to your values.

***These questions; Am I present? Am I open? Am I doing what matters? form the basis of psychological flexibility, so ask them regularly, & notice your life transform.***