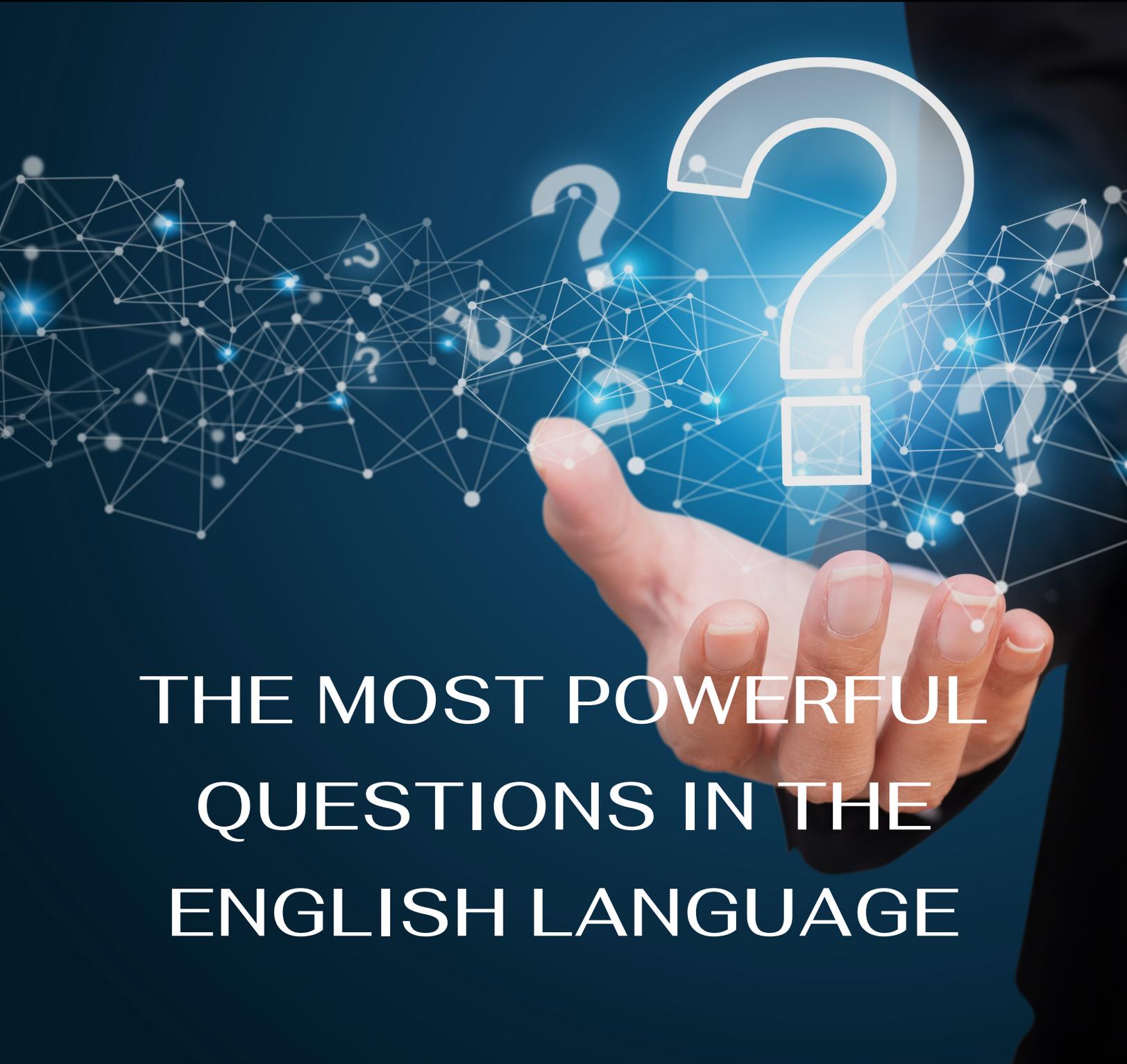




REWRITE & RISE
BE MORE.



THE MOST POWERFUL
QUESTIONS IN THE
ENGLISH LANGUAGE

A Minute of Neuroscience

Your brain takes in 3 million bits of info per second.

However, you are only able to focus on about 126 of those bits at a time. So, the million-dollar question is, “**What are you spending your focus on?**”



Focus Assessment

? Are you focused on what you can control, or what you can't control?

? What you have, or what you're missing?

? Do you focus on causing your effect or how you are effected upon?

So how can you practice controlling your focus on command?! - With better Self QUESTIONS!

Follow us on:



@mindbrainbodylab



@mbblab

#1 WHAT IF...

EXAMPLES:

WHAT IF WE USED AN ASSEMBLY LINE?

- Henry Ford

WHAT IF WE WERE ALL EQUAL?

- Martin Luther King Jr.

WHAT IF WE COULD PUT A MAN ON THE MOON?

- President JFK

WHAT IF WE MADE A TOUCHSCREEN PHONE?

- Steve Jobs

WHAT IF WE COULD FLY?

- The Wright Brothers

PERSONAL WHAT IF'S...

- What if I was learning exactly what I needed to be learning to fulfill my destiny?

What are some of your own what if's you could be asking yourself?

THE SCIENCE

This is the most powerful question in human language. This is because the word “If” has a profound effect on our brains. The moment, we hear it, our brain dampens the activity of the logical-rational portion of our mind, and it opens itself up to all possibilities. As humans, we have the ability to project ourselves and our thoughts into the future unlike any other species in existence. This is what makes us so unique as a species. This question is how we access that superpower, with it, we can control not only our focus but also our minds so that we can use them to imagine and create anything we can conceive of.



#2 HOW not Why

THE STORY OF THE PROVER & THE THINKER

Your mind has two parts, a Thinker and a Prover. The Prover goes out and proves anything that the Thinker thinks. This can be a superpower or your biggest weakness. If your Thinker spends its time thinking things like:

“Why am I so depressed?”, “Why can I never catch a break?”, “Why am I always so overwhelmed?” “Why can’t I get my life together?”, “Why me?”

Guess what? Your Prover goes back into your memories, finds all of the times (even if there are really only 1 or 2 occasions), and shows them to you as proof. So, how can you avoid negative spirals like these? By asking “How?” instead! You control your Thinker, which means, you can turn “Why?” questions into “How?” questions.

For example: “How could I make myself happier?” “How could I create my own luck?” “How could I say no to more things?” “How could I be grateful for the life I do have?” “How could I become the right person for this situation?”

“How?” puts you into ACTION, and puts your Prover to work in your favor, because the moment you shift to these kinds of questions, your Prover will go out and help you find the answers you are looking for, it just needs to be directed!



#3 What am I willing to COMMIT to doing?

VARIATIONS:

WHAT WILL I COMMIT TO?

WHAT AM I WILLING TO DO?

WHAT AM I NOT WILLING TO DO?

PERSONAL COMMITMENTS

- Instead of focusing on what can i do or what should I do...which can be disempowering and shameful...Shift your focus to what am I willing to do! Jot a few things down regarding what you are willing to do to change your current situation...



THE SCIENCE

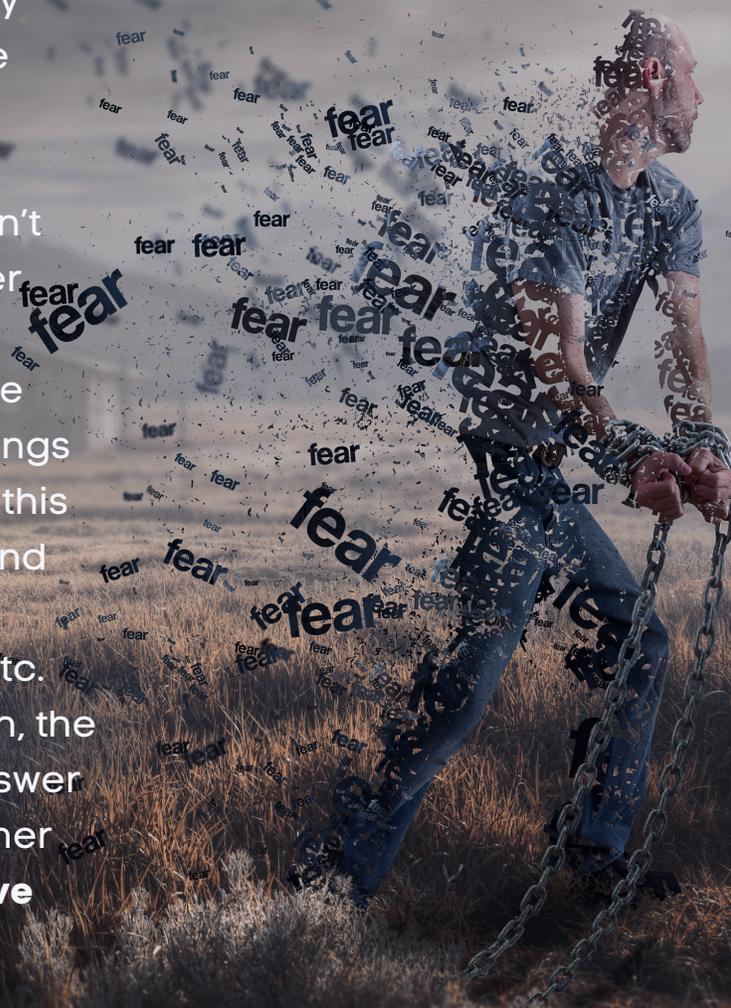
Your Will is one of your strongest weapons. Saying, "I'll get to it." is different than saying, "I will commit to doing it." It's this power, that this question draws on as it narrows your focus down to what you're committed to doing, rather than all of the things you could do, should do, wish were possible, etc. These thoughts and feelings are non-negotiable, and you shouldn't ignore them, however, your Will is where you have the power to act. By asking yourself what you're committed to doing about a situation, you can hone your focus to the things you can control.

#4 What would I do if I were NOT afraid?

FEAR = FACE EVERYTHING AND RISE

The Science

Fear is one of our most primal emotions, our brains are literally wired to move us away from the things that scare us. This was awesome as we developed evolutionarily, but today, we don't need to be worried about a tiger eating us as we walk down the street. So often the things we are most afraid of, are the exact things we need to do or act upon. Use this question when you feel stuck and don't know what you should be doing in life, or a relationship, etc. Once you've asked this question, the newer part of your brain will answer you... Listen, then ACT. On the other side of fear is confidence. **You've got this!**



Imagine fear did not exist...What is the first thing you would do?



#5 What story am I telling myself right now?

OUR BRAINS LOVE STORIES...

THE SCIENCE

Our brains love stories, which is why they are so powerful at keeping our attention & focus. Can you think of your favorite statistic to tell people about? No? I bet you can think about your favorite story to tell! Stories are powerful, and if you're not careful, you could be focused on the wrong ones. When something doesn't go your way, are you more focused on the story that you just got great feedback and can try again, or the story that you're a failure? By asking yourself what story am I telling myself right now, you can diligently keep track of your focus, and redirect it to a more empowering story when necessary!

WHAT IS A BETTER STORY TO TELL..



Bonus: What am I Grateful for?

GRATITUDE PRACTICE

Write out one thing you are grateful for in each area of life.

Career

Relationship

Personal Growth

Spiritual

Physical Health

Family

The Science

You can use this question whenever you are sad, anger, scared, anxious, etc. This instantly takes your brain to a more positive state, and shifts your focus toward abundance. It is impossible to start saying things you are grateful for and not change your state. I encourage you to ask this question most of all and most often!

CONTACT DETAILS

Please feel free to contact me with any questions or to book a call.

 cody@rewriteandrise.com

 www.rewriteandrise.com



Follow us on:



@mindbrainbodylab



@mbblab