



SMART **2** SMARTER – TEN QUESTIONS TO ASK AND ANSWER TO KEEP MOVING FORWARD

- 1. What am I resisting?** What we resist most are the things that force us to grow the most.
- 2. What is the lesson here?** To evolve, we have to seek out the lesson to be learned.
- 3. Have I been here before?** Is it just a different name and face, but the same situation?
- 4. Am I losing energy to this?** Every negative thought is measured in decreased energy, reduced immune function and sometimes heightened depression or illness.
- 5. Am I holding on to something of which I need to let go?** Resilience is bouncing back and letting go of certain outcomes and our need to be right and in control.
- 6. Am I in the present?** Regretting the past or worrying about the future is losing the potential of the present. Staying in the present is a full-time job.
- 7. What do I need to do now?** The truth is that deliberate inaction is action, and it is often a way to allow a cloudy situation to become clear.
- 8. Who is in control here?** There are times to recognize that you are NOT always in control. Paradoxically, this recognition and your acknowledgement of it can free you from the need to always be IN control.
- 9. What is my responsibility here?** Your responsibility is a level of detachment that will allow you to see the situation and how—or if—to be involved in the problem.
- 10. Am I at peace with this?** Being at peace is when you can look at an issue, person or problem and feel no charge, no subtle or sudden surge of emotion. The peace-check is a key element in gaining closure when the transition is complete and not holding you back.

This piece was adapted from writing by Shale Paul. Used with permission.