



THE QUESTION METHOD

Overcome adversity and create the life you deserve

INTRO

Not a day goes by that we don't experience grief, loss, and uncomfortable change. Joy and happiness is a moving target we just can't seem to hit.

I'm here to tell you that doesn't have to be the case. All the magic you want and need is right in front of you. We just have a little work to do to see the truth.

This method of asking questions creates a strategy to reframe the life we live. By answering these questions openly and honestly, we get "unstuck" in our relationships, careers, and life.

Because life isn't about having it all. It's not about avoiding adversity or loss. It's about finding the resilience we already possess to create a life worth living.

Here's how it works. Spend some time, either daily or weekly answering the following questions. Reflect honestly and watch how your life opens before you.

Wishing you blue skies and tailwinds,

Janine

QUESTION 1

DATE / /

What can I do that I never considered before?

QUESTION 2

DATE / /

Who am I that I wasn't before?

QUESTION 3

DATE / /

What new beliefs do I have now, both positive and negative?

QUESTION 4

DATE / /

What new skills do I have that I never had before?
(i.e. compassion, empathy...)

QUESTION 5

DATE / /

What do people think about me now that they would not have considered before?

QUESTION 6

DATE / /

How do I see my new abilities?
(Because I do have new ones)

QUESTION 7

DATE / /

What professions are now open to me?

QUESTION 8

DATE / /

What specific qualifications do I have now that I didn't have before?

QUESTION 9

DATE / /

What foods and drinks can I now consume that I never realized existed before?

QUESTION 10

DATE / /

What can I now do to create chaos or havoc with my new attributes?
(Hold up traffic, stop traffic, wig, x-ray through customs)

QUESTION 11

DATE / /

What would I have never dared to do before
that I would do today?

QUESTION 12

DATE / /

Who will you tell to mind their own business as
you don't care what they think?

QUESTION 13

DATE / /

Who or what am I no longer afraid of now that I may have been concerned about previously?

QUESTION 14

DATE / /

What is my biggest/best attribution for myself now that I am free to do anything?

QUESTION 15

DATE / /

What do I wish for the world presently and how can I help people now?

QUESTION 16

DATE / /

What would I do with my life if I was born again?

QUESTION 17

DATE / /

What difference can I contribute to the world if I had just one week/one month/one year to do this?

QUESTION 18

DATE / /

What would I do in my next life to change the world and its belief system/structure?

QUESTION 19

DATE / /

What factor is involved in doing this that I don't believe I have at the present moment?

QUESTION 20

DATE / /

What would I do in my life if I knew that thousands of people were dependent on me for their lives?

QUESTION 21

DATE / /

What factor of violence would I eliminate in humankind if I were given the ability to?

QUESTION 22

DATE / /

What human factor would I enlarge with humankind if I could? I.e. compassion

QUESTION 23

DATE / /

What/ how would I allow others to know my true self better?

QUESTION 24

DATE / /

What would I change about my relationships if I could begin at the beginning of my life once again?

QUESTION 25

DATE

/ /

What factor would I include in my invitation to the welfare of others who need my assistance i.e. what would make the difference to human suffering and how or with what could you contribute? (Money, food, clothing, connections, contacts, PR advertising....)

LET'S CHANGE THE WORLD TOGETHER



Enjoy this workbook? You can learn more about my life story and techniques for overcoming adversity on my website JanineShepherd.com. There, you can learn about my keynote presentations, viral TedTalk, an award-winning book.