

The Journey to  
**LIVE YOUR  
MAGIC!**<sup>TM</sup>



**The Six Tools**  
WORKBOOK SERIES

**RAM-JAM**<sup>TM</sup>

*How to Ask Better Questions*

*Larry Anderson with Sarah Janzen*



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Authors: Larry Anderson and Sarah Janzen

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**Journey to Live Your MAGIC!<sup>TM</sup>**  
*Workbook Series*

**The Truth About You Series**

1. How to Discover Your Gifts
2. How to Make Empowering Choices
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4. How to Read to Learn
5. How to Connect With Allies
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7. How to Journal For Self-Discovery
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# HOW TO ASK BETTER QUESTIONS

Learning to ask better questions is the key to getting better answers. We use questions for a number of things – to discover what we want and why; to figure out how to get what we want; to make decisions; to learn and to investigate.

Asking good questions is key to getting useful answers from other people, from various printed and visual resources, and when you search the Internet. However, the most important questions you ever ask are the ones you ask of yourself and answer for yourself. That is how you discover who you are, what you want and why you want it. You need to make those questions effective as well.

The exercises in this workbook are designed to help you explore the different ways questions can help you get the answers that will help you to create the life you want. You will learn to ask better questions by testing them in different situations, and evaluating the answers you receive.

So, let's get started.

## ALEX'S WALK WITH MISS STACY

For my entire life my parents had always pressured me to constantly think about the career path I would create for myself. If I wanted to participate in any sort of extra-curricular activity, they would always ask me if the activity would benefit the career I would someday select. If it would benefit my future career, I would participate; if it didn't, I would leave myself out. NOTE (I am unable to add a comment box) – the speaker says “If it would benefit my future career I would participate; if it didn't, I would not.” How did the speaker make these decisions BEFORE he/she walked with Miss Stacy if s/he did not know what career s/he would choose? The problem was that I didn't exactly know what sort of career I wanted to build for myself so I didn't really know if not choosing a particular extra-curricular activity would in fact benefit me in the long run. It wasn't until I went for a walk with my neighbour and mentor, Miss Stacy, that I could see my bigger purpose in life. During our walk I told Miss Stacy that I wanted a career that my parents would approve of and that would make me lots of money. Miss Stacy simply turned to me and said “you need to figure out what you want and why you want it before you think about how you're going to get it. If you don't know what you want, the chances you're going to get it are pretty slim.” Miss Stacy made me realize that before I leave myself out of all the opportunities life may throw at me, I should really consider for myself which direction I want my life to go.

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## Activity 1.1

Asking the right questions is like searching for something on Google. If you don't use the correct keywords, then you most likely won't find what you're looking for. Just as Miss Stacy suggested in the story above, don't think about how you're going to get something before you know what you want and why you want it.

Below is a list of examples of key words and phrases that may describe what you want and why you want these things in life. You are welcome to use these examples in the activity below, or come up with your own!

WHAT I WANT	WHY I WANT IT
Successful Career	Money, Stability, Power, Flexibility, Challenge
Family/ Marriage	Love, Support, Raise Children, Fill a Void
Travel	Experience, Learning of New Cultures, Expand my Knowledge
Friendship	Opportunity to share my thoughts and experiences, Support, Encouragement
Out-perform in my area of interest (athletics, arts, culinary, scholastic, etc.)	Self-fulfillment, career in what I love, fame

**In the search engine below, write your own keywords to help you answer the question “What do I want in life?”**



Google Search

I'm Feeling Lucky

**In the search engine below, write your own keywords to help answer the question “Why do I want these things in life?”**



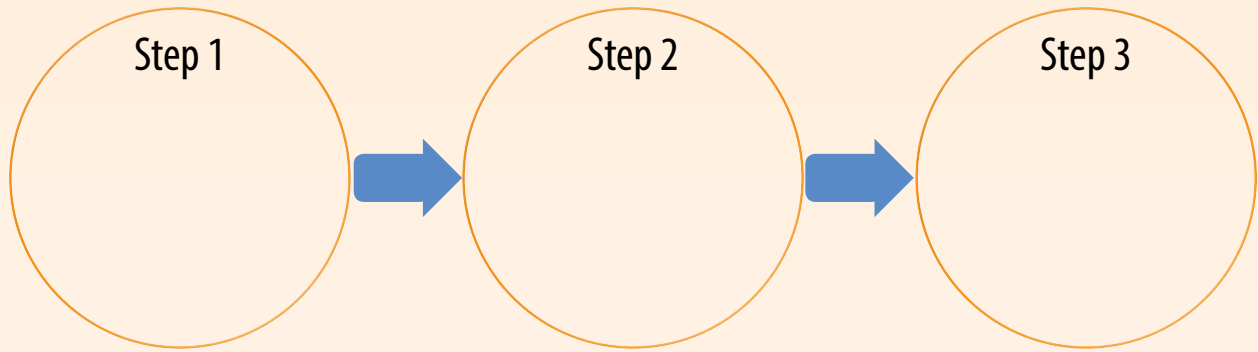
You have determined the keywords to answer the questions about your life. Try Googling what you wrote and see what appears!

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## *Activity 1.2*

Now that you have entered the keywords to the “what” and “why” questions, it is important to ask yourself “How am I going to get what I want?” The “how” question allows you to see your understanding of the price you will have to pay to get what you want. At that point you can make a commitment to pursue it, or not.

Fill in the flow chart below to illustrate the first three actions you will take towards obtaining what you really want in life and decide if the sacrifice you must make is worth achieving what you want.



**REFLECT:** Obtaining what you really want in life does not always come easily. Sometimes you must make great sacrifices to achieve what you want. In the above flowchart, you wrote the first three steps you will take. Does anything you wrote in the flowchart come with sacrifices? Describe what you may have to give up in order to move closer to obtaining what you want for your life.

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Are the sacrifices worth it? Why or why not?

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## *Activity 2.1*

Once you have decided that you will in fact take the steps necessary to achieve what you want, it is now time to be creative and ask many different questions. Read the narrative below and pay attention to the types of questions this student is asking herself.

## FINDING FELICITY

I have never been so proud as the day I walked across that stage and received my high school diploma. I never thought that my graduation day would ever come; it always felt so far away. The twelve years of studying and making sacrifices for the sake of my education had finally paid off.

After I finished high school, I didn't realize that I would have to ask myself so many difficult questions; one of the first and most difficult was, "What now?"

I always knew that attending post-secondary was a must. For my entire high school career I had gone back and forth on where I wanted my life to head. Did I want to be a doctor? No. The sight of blood makes me queasy. A teacher? No. The idea of kids rubbing their sticky hands all over me makes me shiver. An engineer? Maybe. I hear the program is really difficult to get into, but I have always been so good at math and science.

After much thought, I decided engineering would be the perfect career for me. It would provide the salary I needed to comfortably support my future family, as well as provide me with the satisfaction of being good at what I do.

Before starting my education in the engineering program, there were still many things I needed to learn about the life of an engineer. I also had to consider how I wanted to pay for my schooling. Should I take out a student loan, or get a job right out of high school and save up? Would my parents allow me to live at home for free while I was going to school? Maybe they would help me pay for some of my schooling.

I knew I should also research the types of scholarships that first-year engineering students could apply for. Maybe going to the local university and meeting with a guidance counsellor would be a wise idea. A counsellor could look at my qualifications and give me the advice I needed on how to apply for the program.

While I was in high school, I knew I should work hard to keep as many career options open for myself as possible. What I didn't realize was how many questions I would have to ask myself before making such a huge life decision.



**Using the narrative above, quote specific instances in which Felicity answered the following questions:**

1. What do I want? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Why do I want it? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. What do I need to learn? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. Who can help me? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. How do I connect with the people who can help me? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6. When is the best time to pursue what I want? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

7. Where do I start? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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## *Activity 2.2*

Now it's your turn. You have successfully "Googled" the keywords of your desired life, and have set out the first three steps toward achieving your goals. It is now time to be creative and ask yourself the important questions. Linking the What, Why, How, Who, When, and Where you want your life to go will provide you with the answers you need to proceed. Once you've asked yourself the appropriate questions, you will have found the key to the right answers.

**The questions I have for myself are:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

**I think I can find the answers to my questions by:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Inspiration to Live Your Magic! The Truth About You

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