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Question:

What have been the most powerful questions in your life so far?

-Maria Elena Duron

chief buzz agent & inspiring identity coach
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Answers:

"Am I a good father...?"

-Dean Beresford

VP - Senior Commercial Relationship Manager
Citizens Bank



"What is my true purpose in life...?"

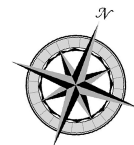
-Karen Fedder

Sr. Account Executive -Escrow Associates



"As simple as they may seem, the most important question I've had over the last few years has been - What do you do?"

It's amazing on how many people don't really have an answer for it."



-Ron Sukenick

President - Little Rox LLC



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"Who am I?" - Derek Zoolander

-Wesley (Wes) R
Contract Specialist
Department of Homeland Security



"About 4 years ago, I went on a business trip only to rush home after realizing that my husband who appeared to be suffering from a bad cold when I left was now fighting for his life with only one active lung.

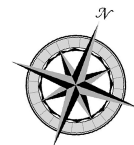
I had been up all night and flew home and drove to the hospital and arrived right before they were going to take my husband of 16 years into surgery.

We weren't event 40 at the time so I thought of our three kids and how one phone call seemed to be changing our lives in a second, how could this be?

The most powerful question that was asked of me was by the surgeon who looked at me and told us that my husband surgery was a very dangerous surgery and that there could be no guarantees because anything could happen on the operating table since they were going to have to open up his chest cavity.

He then asked me "is there anything that you want to say to your husband?"...I have replayed that moment thousands of times since that day and happy to say, he recovered and we are now in our "mid 40's" and continuing to celebrate our lives together. I really do hope that this was the toughest question, I have to ever live with in my life."

-Lisa Van Rosendale
Senior Vice President
Immersa Marketing



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“ WWJD?”

“What would you like people to say about you at your funeral?”

“Who the he__ do you think you are?!?!? J/K”

-Kristi Hennessey
kristi.hennessey@gmail.com



“ If there is an eternity, have you thought about where you might spend it?”

“ Do you promise to love, honor, and cherish this man until death do you part?”

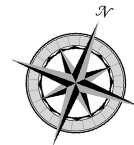
“What are you doing today to plan for your future?”

-Barbara Peacock
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meetmidland@yahoo.com
www.meetmidland.com
432-296-2316



“I was going into brain surgery and the neurosurgeon said, ‘Please trust me?’”
I had 8 children still living at home. The youngest was 2 yrs old and the oldest was 17 yrs old. That was the most powerful question at that moment in time and when I remember his words I am reminded to live as if it is the last day of your life and make all your dreams happen!!!”

-Diana Joy
Author, *Looking Through the Eyes of an Unseen Child*
www.unseenchild.com



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"At your very core, what do you believe is absolutely true?"

"Are you living your life in accordance with what you believe is true?"

-Brian Sales

Advertising Director - Midland Reporter-Telegram



"Well I'll answer it in terms of my career: 'At the end of the day, did my existence add value?'"

-Reuben Gardner

Experienced Operational Risk, Business,
and Market Risk Analyst



"VERY interesting..."

#1 Question -- Do you know that God isn't mad at you and that Jesus came to set you free?

#2 Question -- Will you spend the rest of your life with me?

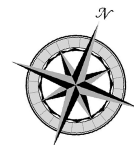
#3 Question -- Mom, will you pray for me? I'm thinking about joining the Air Force.

#4 Question -- Can you forgive me?

5 Question -- Have you ever thought about doing something like this?"

-Donna Woolam

Diamond Infinity Designer



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*“The question I ask everyone is – ‘What else can I do to make your life easier?’
Asking this question to everyone I talk too has helped to establish me as a networker.”*

-Peter Biadasz

Independent Writing and Publishing Professional



“Are you doing now what will get you to where you want to be in 5 years?”

-Jo Fite

Independent Sales Director, Mary Kay Cosmetics



“What defines who you are?”

“What is your motivation?”

“Are you satisfied?”

-Jared Elmore

Staff Analyst - New York City Transit



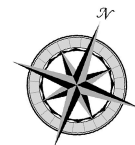
“Where in your life are you most at peace...an actual location?”

“How do you define integrity?”

-Karen Wlodarczyk

Founder and Executive Director

AdvanceCE LLC



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"How do you (or I) feel?"

"I realized that people rarely asked me this question. I just get on with life and all the changes that came along. But not many really bothered to ask how I felt. This is a powerful question because though it may be very simple, it is a great way to show concern without really rubbing the situation on him/her."

-Vikki Pusong

Business Analyst at Convergys Philippines



"How did we get here?"

"Is there cheese at the end of the maze?"

-Greg Poulos

President, Bluefin Productions Inc.



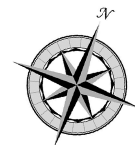
"1. The existence of God."

"2. The difference between "legal" and "ethical", for example its legal to send jobs overseas and to give the CEO's of Fannie Mae and Freddie Mac massive severance packages, while tent cities spring up across the US, reminiscent of the Hoover villes of the Great Depression."

"3. Trying to balance the career fulfillment of a spouse and my own simultaneously."

-Steve Cohn, MBA

Test Project Lead



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“What is gravity?”

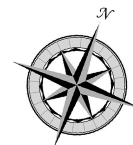
40 years ago I realized that MIT professors had not the slightest idea--they could describe how gravity operates, that is, its effects on other things, but they had absolutely no explanation of why or how it did those effects and today, in Sept. 2008, they still don't.

Western civilization is already dead, how long will it take to die off completely and what will replace it? Huston Smith at MIT asked this question in the beginning of each class and challenged us to spend that first class developing answers for it. He made us imagine how we would have to live our lives were that to be true and that imagination exercise determined my first job after MIT, unpaid 6 years of NGO work rebuilding Western civilization by importing 60 Japanese community practices.

What sort of person fits nowhere, likes nearly everything (good and horrible) about existence, and has a passion for doing things better than anyone in history ever possibly could? Robert Pinsky read us a poem by Edgar Bowers that asked this question of us--the answer--creative people. At that moment, hearing that poem, I realized I was creative--for the first time in my life.

If rheumatoid arthritis is the most profitable single diagnosis in all of medicine and if a British researcher has, by restricting bloodflow in dogs 4 diverse ways, reproduced all its symptoms, and if there are 22 major conditions of living that restrict bloodflow enough to reproduce the symptoms of those dogs--then does rheumatoid arthritis really exist at all as a disease or is it much more effectively treated as a constellation of blood flow restrictors, caused by lifestyle decisions mostly of women and men at retirement age?

Answering this question allowed me to cure the rheumatoid arthritis of 7 friends and acquaintances over the years--all symptom free after 4 months of "lifestyle changes for flow" work. A phony disease sold to distraught women by evil physicians bents on pushing decades of harmful and ineffective drugs at them.”



-Richard Tabor Greene

Professor of Knowledge and Creativity Management
Kwansei Gakuin University

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“Stimulating question...”

“1 - Why did you do that? Makes me justify my actions and choices.

2 - How are you going to do this? Makes me operationalize my hopes and dreams.

3 - How will you feel then? Makes me consider the emotional aspect of actions and decisions.

4 - What do we do next? Makes me look at the future - at next steps.

5 - Why me? :) A reminder I'm not the only "fish in the sea" and others have endured what I encounter”.

-John Smith

Engaging leadership and management development facilitator



“What is the Matrix?”

-Chad Massaker

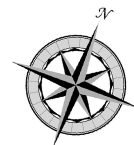
CEO, Carceron Systems Group, LLC



“What are top 3 opportunities and challenges for life success and happiness?”

-Robert Wong

Director at NCS Pte Ltd



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“Are money and happiness mutually inclusive or exclusive?”

Subramanian K
HR



“If you were able to go forward and observe your own funeral what would people say about you?”

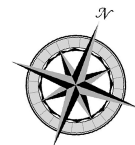
*What would you want them to say about you?
If they are not the same, what needs to change?*

Although I think this question is a bit over used it is one of a number of questions that helps us look at our lives and our purpose. I believe we are all here for a purpose and we will all have an impact on the world. This might be a small circle of friends and family or a much larger audience, but we all have impact. It helps me to work through what is important to me and what influence do I want to have on others.

Do I want to leave a trail of acquaintances and associates who have just been helpful in my achievements or do I want to be an integral part in relationships and others lives helping them to find their purpose, help them achieve their goals.

Do I want to leave buildings with my name on them for people a hundred years from now to wonder who that building is named for or do I want to make personal impact on others who will multiply that impact through their relationships.”

-Peter Ammann
Project Manager at Fidelity Investments



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*“Do you promise to love, honor and respect this woman/man as your lawful wedded husband/wife?
Where is the order?”*

Steven Sussman

Director of Sales, Print Products,
LearningExpress LLC



“I’ll pass along the questions I share with young people during presentations throughout the country and one other that has hit me near mid-life:

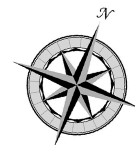
- 1) Who are you going to live your life for?*
- 2) What are you going to live your life doing?*
- 3) Who are you going to live your life with?*
- 4) What kind of lifestyle are you going to live your life in?*
- 5) Where are you going to live your life?*

Finally, when deciding between a current job and a job offer, I set with a Sage of Wisdom who I trust without reservation. He shared that the best question to ask your self about employment is this:

If money was not an issue because you had all you needed or ever wanted, what would you spend your time doing?

or said another way

If you won the lottery or a rich relative you did not know provided you with wealth beyond your dreams, what would you get up to do every day? How would you spend your time?”



-Roy Wooten

Executive Director at Shield-Bearer Counseling Centers
rwooten@fightingforhearts.org

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-Here are some others I've come across that I cannot give proper credit to. I really don't remember where I saw, read or heard them....

Who are you?

What are you?

What happens through you?

What are you ready to know?

What are you ready to learn?

Are you capable of taking full responsibility for your life?

Are you willing to?

When?

What stands in the way of living your purpose fully right now?

Are you capable of releasing that?

Willing?

When?

Take your personal vision : See it ; Expand the scope of it ; Notice where you are at now

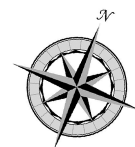
What is the most direct path forward?

Are you capable of choosing that?

Willing?

Who aren't you?

Is that true?



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Can you absolutely know that is true?

What happens when you believe that?

Who are you without your story?

Where do you seek security?

Who are you when you are seeking security through your relationships?

How do you show up?

How do you relate to money when you seek security through it (or her/him)

How does that affect its flow?

Who do you seek approval from?

What does that cost you?

Would you be willing to release your desire for approval?

Zoom out - Take the bird's eye view ; Notice yourself ; Notice the relationships at play ; Notice what's influencing you ; Notice what you are in relation with ...What do you see?

What would you do if you knew you could not fail?

What's it all for?

"If you suddenly lost your job, all that you own, and everyone you loved in a horrendous disaster..... what would you live for?"

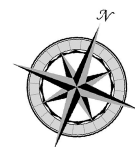
What do you have in abundance that you can give in abundance".

Where can you find (circumstances/emotions) alive in you?

What is the gift when you embrace the reality/circumstance?

What part of your reality/circumstance did you lovingly create?

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"Who are you trying to impress?"

"What's the subject/issue that you're hoping I don't bring up (today)?"

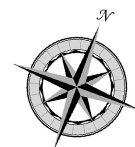
- What need of mine am I trying to meet?

- is this causing me satisfaction or suffering?

- is there a different strategy (more skillful, healthy) that can meet this need?

Who would you like to impress?

How would you like them to see you?



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