

A question for every day

Questions engage and hook our curiosity. They can awaken us from our slumber and habitual ways of thinking and feeling. By broadening our awareness and heightening our perspective on things, a question a day can help bring greater meaning to each day.

You can start on any day of the week and use the questions as you wish.

Monday question:

What do you want, really want, from your day today?

Let the question drop down into your body and heart like a pebble in a pond. Listen to the ripples and what they tell you. There is always an answer when we pause. Take three deep breaths and listen.

Tuesday question:

How does what you do benefit others?

It helps to think small here. This is not just about the work we do but about our daily actions and contributions. It could be a helping hand, a listening ear, holding someone in your mind, making a donation, volunteering your time. Making a difference to others is one of the major factors that leads to satisfaction and happiness.



Wednesday question:

What gives you energy? What takes it away? And what, for you, is a waste of time?

What gives me energy is spending time in nature daily, my meditation practice, enough sleep, baking bread. What drains my energy is sitting at the computer for hours, loud music, shopping of any kind, watching trash TV...



A question for every day (contd.)

Thursday question:

What can you do today that will cause someone to say to you: “You have made my day”?

It could be: a kind word, a phone call to let someone know that you are there thinking of them, an insightful appreciation of someone (not just saying ‘you are great’ but really seeing someone’s particular skill, talent or quality and naming it).



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Friday question:

What stood out for you this week?

When we take time to take in and celebrate the good stuff, it helps foster positive emotion and outlook. It also redresses the balance of our perspective on life. Due to our inbuilt negativity bias (that helped us survive as a species), we tend to focus on the negative.

Saturday question:

What can you do today to recover from this week and to reenergise for the week ahead?

Having a nap, going for a walk, doing nothing, connecting with a close friend, sign up to an online yoga or mindfulness class, gardening, making something... One of my favourite things to do on a Saturday afternoon is pottering around the house without an agenda. I love this. I find it so restorative.

Sunday question:

Are you looking forward to the week ahead? If not, ask yourself: What is this about?

What is the narrative going through your mind that you might be buying into? For example: “It’s going to be a hard week, it’s going to be awful, I can’t bear it. I hate it.” How does this narrative impact your body, heart and mood? What we resist, persists and becomes our reality. How else can you think about the week ahead? Redirect your focus. What in your week are you looking forward to, is pleasant?