

'LYBL THROUGH WRITING'



Applying 'LYBL Questions' to Real Life

Write down all the complaints or issues you are facing in your life right now.

Here's an example:

My girlfriend wants to buy a house, and I'm not ready. She keeps nagging me and we're both unhappy.

Then record all the frustrating and bewildering information questions that you have about these issues.

Why is this happening? Why can't she just understand that I'm not ready? How do I get her to drop the subject?

Now write down, as many 'LYBL QUESTIONS' as you can that are pertinent to the issue or issues.

What will make the difference in my relationship with my girlfriend? What needs to be said that I have not said? What can help us both get our needs met?

Notice the difference between your information questions and your 'LYBL QUESTIONS'.

The final step in this coaching exercise is to come up with an answer to every information question and every 'LYBL QUESTION' that you listed.

Notice the difference in the answers the two kind of questions brings.

Even though I've drilled it into your head that information questions don't move you forward, take the time to write out the answers to both kinds of questions so you can see how the inner motivation to move forward makes all the difference to this process.

Watch for action steps or clarity that may come from your 'LYBL QUESTIONS'.

Expect wisdom to flow. You can even begin to take action where it is appropriate.









COACHES WRAP UP

You have begun the excavation process that will lead to unearthing the blueprint to your best life. In this section, we learned these tips:

- Stop asking “WHY?”
- Ask ‘LYBL QUESTIONS’
- Use “WHAT?” to access your innate wisdom
- Keep your attention on solutions and on the future
- Watch your motivation
- Focus on the characteristics of the wisdom seeker rather than the information seeker in yourself

Keep these lessons handy as we continue to work. You may want to review them as you excavate your life blueprint.

