



Tom Terwilliger

GROWTH

ACCELERATOR

CHALLENGE



MODULE 3 QUESTIONS

Experience **THE LEAP**
Mastermind
COACHING

“Don’t Limit Your Challenges
Challenge your...”

-JERRY DUNN

The Max Mindset **30 Day GROWTH Accelerator Challenge** is a self-improvement coaching strategy and powerful **self-discovery tool**.

Look at all the exercises and challenges as a way of opening the lens and changing the perspective...

with the intention of discovering something illuminating about yourself. Something worth noting, changing, enhancing or strengthening...

Module 3: Questions



Module 3: Questions

Objectives:



1. Recognize the difference between empowering vs. disempowering questions.
2. How questions impact the programming of your ISM.
3. Where's the real power – Questions Vs. Affirmations

Module 3: Questions

**Have you ever asked yourself one of these questions...
or something similar?**

Why does this always happen to me?

Why can't I ever seem to get ahead?

Why do I keep procrastinating?

Why can't I ever lose the weight?

Why is everyone else so happy?

Why does life have to be so hard?

Why am I so darn lazy?

How do I stay afloat?

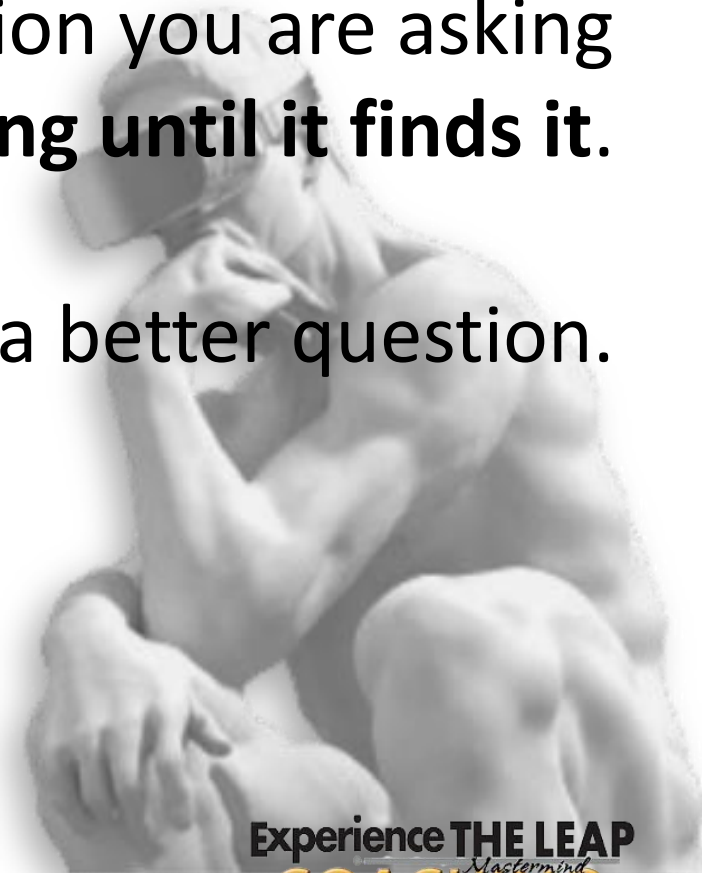
Is there any hope?

Module 3: Questions

Your brain is like a powerful search engine...

It will look for the answer to the question you are asking
and keep looking until it finds it.

Or, until you ask a better question.



Module 3: Questions

When we ask ourselves questions like...

“Why am I so stupid?”

“Why am I so afraid?”

“Why can’t I lose weight?”

...our brain will begin searching
for an answer to those
QUESTIONS.

Module 3: Questions

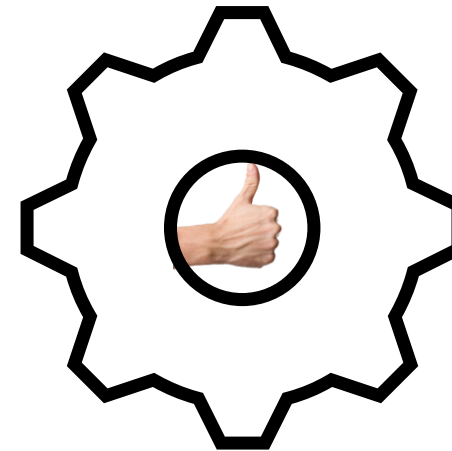
Recall from our first session –

What happens as soon as we **get clear** on what we want, **set an intention**, or turn that desire into a specific **goal** or objective?

Module 3: Questions

We set two wheels in motion. Right?

Internal Success Mechanism



Dragon/Amygdala



Module 3: Questions

The **ISM** has no clue what success or failure looks like.

It also doesn't know the difference between...

WHAT YOU WANT

WHAT YOU DON'T WANT



Module 3: Questions

The **ISM** has no clue what success or failure looks like.

It only knows, through your **FOCUS**, **Attention** and **Energy** what you tell it to move you towards **the target you programed it to achieve.**



Module 3: Questions

Two Laws Of Attraction and Neuro-Linguistics

1. What we focus on expands.

What this law basically means is that whatever energy **you choose to focus** your thoughts on, **is exactly what you will attract more of** into your reality.

Module 3: Questions

Two Laws Of Attraction and Neuro-Linguistics

2. Nature abhors a vacuum. Aristotle

This law expresses the idea that unfilled spaces go **against the laws of nature** and physics and that every space needs to be filled with something.

Leave your **ISM** empty and unprogrammed and the world will fill it for you.

Module 3: Questions

Q. How do you program your ISM?

- a. Identify what you DON'T want?
- b. Get pissed about what everyone else has?
- c. Relax on the couch eating Doritos?
- d. Get crystal clear on what you want and focus your energy on it?

Module 3: Questions

Q. How do you program your ISM?

d. Get crystal clear on what you want, focus your energy on it.



Module 3: Questions

Q. How do you program your ISM?

When you ask yourself a question like **“Why am I always broke?”** and focus your attention on it...

What do you think is happening in your brain and body at that moment?

Module 3: Questions

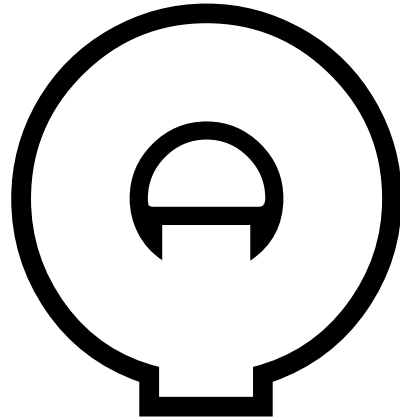
Q. How do you program your ISM?

You are setting the navigational coordinates...

...and directing the **Internal Success Mechanism** to attract and move in that direction - overriding any previous directions.

Module 3: Questions

Birds-Eye View Ah-Ha Question



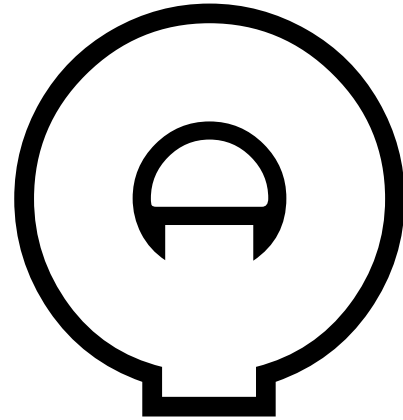
Have you systematically programmed your **ISM** to move you in the direction of what you want?

Or...

Are your **questions, focus, and attention** moving you in the exact opposite direction?

Module 3: Questions

Birds-Eye View Ah-Ha Question



Have you systematically programmed your
ISM to move you in the direction of what
NO! you want?

Or...

Are your **questions, focus, and attention**
moving you in the exact opposite
YES! direction?

Module 3: Questions

Birds-Eye View Ah-Ha Moment

Have you systematically programmed your
ISM to move you in the direction of what
you want

**GOAL
JUICE**

Are your questions, focus, and action
moving you in the exact opposite
direction? **YES!**

goaljuice.com

Module 3: Questions

Quick Recap:

- Brain is like a “Search Engine” it will focus its attention on what you ask.
- Bad questions (why am I so...) will lead to bad or Disempowering answers.
- The **ISM** responds to questions, backed by energy as if they were Directions or commands.
- An unprogrammed **ISM** creates a Void. That void will be filled by what you consciously or unconsciously Focus on.
- Whatever you FOCUS on will Expand.

Module 3: Questions

Affirmations Vs. Questions

Positive **affirmations** are said to be **very powerful** because they release you from negativity, fear, worry, and anxiety.

When these **affirmations** are repeated, they begin to take charge of your thoughts, slowly changing your pattern of thinking, and ultimately changing your life.



Module 3: Questions

Affirmations Vs. Questions

But “I am...” - affirmations can also create **internal conflict**, when, on the deepest levels we don't fully believe what it is we are “affirming.”



Module 3: Questions

Affirmations Vs. Questions

“I am the best, the smartest, and I’m rich...BEEEEEOCH”

“Asshole Adversity”



Module 3: Questions

Affirmations Vs. Questions

Questions on the other hand, get the mind working on finding the answer.

That's why, from the perspective of change, GROWTH and transformation...

...the affirmation – **“I am strong, healthy and rich!”** is not nearly as powerful as the question...



Module 3: Questions

Affirmations Vs. Questions

“What will it look and feel like when I am STRONG, HEALTHY, and RICH?”

Followed by...

“What’s one thing I can do right now to make strong, healthy and rich my reality?”



Module 3: Questions

In The MOMENT: Zoom in on a less than typical day.

One of those days when not everything seems to be going your way. You're a little frustrated, discouraged, or even pissed off.



Maybe you're in your car headed to your next obligation or task. You're running late and what you really want to do is crawl back under the blankets and disappear.

What's something you might say to yourself?

Module 3: Questions

In The MOMENT: Zoom in on a less than typical day.

Here are a few things the Dragon might shout in your ear to keep you stuck.



“I’m freaking tired of this shit...”

“This crap is never going to change...”

“What the hell went wrong this time...”

“I have to stop running late all the time...”

“Am I a freaking idiot...”

Fill in the blank “_____...”

Module 3: Questions

In The MOMENT: Zoom in on a less than typical day.

What's THREE ways to quickly change your state?



- | | |
|----------------------------------|--------|
| 1. Change your physiology. | How? |
| 2. Ask a 'redirecting' question. | What? |
| 3. Change your focus. | Where? |

Module 3: Questions

Your challenge...

1. Continue with your “5 questions” from Module 3.
2. **Become rigorously MINDFUL** of the questions you are asking yourself and whether they empower or disempower.
3. Get busy deliberately programing your **ISM**. Then condition it with the questions you ask yourself and the actions you take daily. [GoalJuice.com](https://www.GoalJuice.com)





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**GROWTH
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MODULE 3, THE QUESTIONS

Experience **THE LEAP**
COACHING