



# THE BLAME GAME VERSUS

# THE FAME GAME

Self-development in action



A seminar from ahhamoments

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*"The quality of your life comes down to the quality of the questions you ask yourself on a daily basis"*

**- Tony Robbins**



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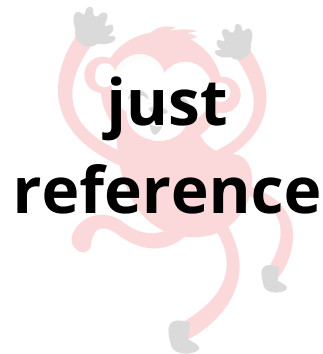
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What is the quality  
of the questions  
**YOU THINK**  
you ask yourself?

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This should represent the questions that are often discussed within you, the chatter, the self-talk, the peanut gallery or the drunken monkey, there are a million names to this voice.

**1) When you think of your work, what are the main 3 questions you ask yourself?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*(Examples:*

*When will I get a promotion?*

*I wonder what my boss thinks of me?*

*I wonder if they will discover that I*

*forgot to write that report?)*

**How do each of these questions make you feel?**

Write it next to each question.

**2) When you think of your love life, what are the main 3 questions you ask yourself? How do these questions make you feel?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

(Examples:

Does she love me? I wonder if he is dating other people? I wonder if he still feels the same about me?)

**How do each of these questions make you feel?**

Write it next to each question.



**4) When you think about your family life what are the main 3 questions you ask yourself? How do these questions make you feel?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

(Examples:

I am so tired of dealing with my son, he is so exhausting? My mom drives me crazy she calls me everyday, what's her problem?)

**How do each of these questions make you feel?**

Write it next to each question.



**5) When you think about your health and fitness What are the 3 main questions you ask yourself?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**How do each of these questions make you feel?**

Write it next to each question.

**6) When you think of the life you would like to have what are the main three questions you ask yourself?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**How do each of these questions make you feel?**

Write it next to each question.

## BLAME GAME V.S. THE FAME GAME

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**7) What are the questions that define your quality of life in general? How do these questions make you feel?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

(Examples:

I always feel bad when I go home, I have nothing to look forward to when I go to work. I can only save up for a camping trip.)

**How do each of these questions make you feel?**

Write it next to each question.

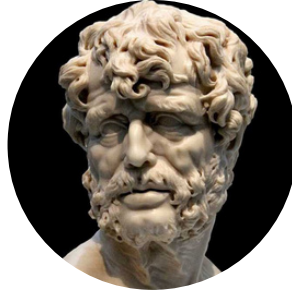


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**“A man who fears suffering is already suffering from what he fears”**

*Michel de Montaigne*



**“We suffer more often in imagination than in reality”**

*Seneca*



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My thoughts are not me they are ideas that flow in and out of me, they do not define me, what defines me is the actions I take daily. That is what I need to do to become the person I want to be.

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“After doing this visualization exercise with you, when my mind comes up with a limited question that makes me stuck in a corner, I think of putting the thought in a bottle, I insert the cork and I throw it out in the ocean.”

*Naz. B.*

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