



A WEEK IN *Learning*

ARTICLE

ARE YOU INTERESTED IN ENHANCING THE QUALITY OF YOUR LIFE? TRY IMPROVING YOUR QUESTIONS!

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The quality of your life is being determined by the quality of your questions. Yes, you read that correctly. Have you ever asked yourself, “Why can’t I get this right?”, “What is wrong with me?”, or “What if I fail?” What type of questions are these and are they even helpful? Many of us ask the same low-quality questions day after day, receiving the same unwanted answers. Why?

The brain is wired to find answers. It will always attempt to answer the questions you ask. So why is asking low-quality questions a problem? Why aren’t we finding success when answering them?

Low-Quality Questions

You might be thinking, what is considered a low-quality question? First, let’s define what we mean by low-quality. A low-quality question delivers poor quality answers. Such answers can create disempowering emotions.

This could lead to less than helpful behaviors, and eventually, poor results. Low-quality questions force you to look at the past instead of the future. Worst of all, these questions don’t align with your values and can keep you stuck.

Let’s see what happens when we ask ourselves the question, “What if I fail?”

This question is not providing you with any useful data. Your brain, wired and ready to answer, is looking for everything that can go wrong. What that question will do is scare you, keep you in the same place you were before, and make you doubt yourself. “What if I fail?” makes it seem as though life is happening to you, rather than you being the person creating your life. More than likely, this question does not reflect your values. Therefore, this low-quality question is not serving you.

High-Quality Questions

Instead, try asking yourself high-quality questions like, “What if I succeed?”, “What if this does work?” or “How can I guarantee that I won’t fail?” These are all questions filled with abundance.



“Changing behaviors can be uncomfortable, but that is how we move towards the future.”

-Ericka Ciganek

So, how exactly do high-quality questions serve you? Remember that our brain is wired to answer any question we ask it. When you ask a high-quality question like, “How can I guarantee I won’t fail?”, you require your brain to:

- **Expand:** Asking a high-quality question generates a growth mindset, allowing your brain to grow and look for data that has not yet been collected. Asking yourself a low-quality question, such as “What if I fail”, is telling your brain to search for every time you or someone else has failed.
- **Prioritize dreams and desires:** Asking a high-quality question creates thoughts that are new and positive. These thoughts can turn into actionable behaviors, supporting your goals and dreams. If you are dreaming big, you need to ask big questions with excessive possibilities for answers.
- **Take personal responsibility:** Low quality questions can activate the victim mentality. They insinuate that your situation is out of control and hopeless. Leadership guru Brené Brown said, “When we own our stories, we get to write a brave new ending.” Asking a high-quality question provides a sense that you are in control and can take actionable steps towards the results that you want to construct.
- **Challenge yourself to leave your comfort zone:** Life Coach Tonya Leigh said, “In order to properly grow and become a better version of yourself, you must run towards the discomfort side of life.” Asking a question that pushes you to try something you haven’t tried before, forces you to get uncomfortable. Changing behaviors can be uncomfortable, but that is how we move towards the future.

I challenge you to ask questions that force your brain to come up with better answers. These answers help create a growth mindset, encourage dreams, increase personal responsibility, and get you out of your comfort zone. Most importantly, these questions serve you and your values.

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