

Three questions that could transform your day

Use this tool to start to notice things, events, people and most importantly, your own reactions to your world.

Take 3-5 minutes at the end of the day to answer three questions.

This is what you do:

At the end of the day, and looking through the eyes of a writer, journalist or an artist, or with childlike and open curiosity rewind in your mind and mind's eye the whole day.

Going from the moment you sit down to do this, rewind back to the time you got home that day, to whatever it was you did between now and then, to your day at work (or whatever you did that day), right back through the events of the day to the moment you opened your eyes that morning.

The first time you do this ask yourself this question.

1. **What surprised you today?** Write down your answer
Then rewind again as you did the first time but this time asking
2. **What touched your heart today?** Write down your answer
And then finally, the third time, rewind asking
3. **What inspired you today?** Write down your answer

Stick with this, keep doing and start to notice what you are starting to notice, how you are interacting with others, how others are responding to you. It could transform your thinking and your whole way of experiencing your world.

So, give it a go. Take another look at your day. You might just be inspired beyond your imagination.