



The Five Most Important Questions You Can Ask Yourself

By Robert Ing, DSc, FAPSc

Rather than sail your ship on another's course when in rough waters, try taking a time out to refocus.

If you don't know where you are going then any place will be fine. I am not an advocate of self-help books because my understanding is that most authors of these books are self-help"-ing" themselves to the wallets of those of weak mind who at their most vulnerable moment lack common sense and focus, in search of a quick solution.

Change or knowing what you want begins and ends with you. No one can do it for you. Others can only point out to you another way of looking at what you already have or know, but perhaps you may just be too caught up in life and living or emotionally knotted up to see it. There ought to be a requirement where no one can complete school unless they know what they want out of life and can produce a well documented plan to get it. Mind you people would not be locked into the goal or plan they present but at least it would be an experience and insight that would do more good than harm.

The No Self-Help Book Approach or the forget about buying the book and paying for the course approach!

The no self-help book approach to getting your life together is just asking yourself five very important questions. Now, this does require some thought and time on your part. Ask yourself these questions, think about your answers in detail, review your answers and think about them again. Life never stands still, so your answers may change after you have thought about them over the course of a few days.



Dr. Robert Ing is a forensic scientist, broadcaster and author. An internationally acclaimed forensic intelligence specialist, he has traveled the world on behalf of the interests of governments and major corporations. Dr. Ing has appeared on major North American broadcast news networks on the issues of forensic intelligence, espionage risk management, privacy, identity theft, electronic surveillance and Internet crime.

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You will soon come to a realization about yourself by the way you answer these questions.

- 1) What Do You Really Want in Life?
- 2) What Would it Take for You to Achieve This?
- 3) What has Honestly Stopped You from Achieving This?
- 4) What Exactly Would You Do, if You Knew You Could Not Fail?
- 5) What are you willing to sacrifice in order to get what you really want?

How You See Things in life is Your Reality. It is only you who attaches so much emotion to them. When you know exactly what you want, how to get it, what stands in your way and see the real value you have placed on what you want; you will begin to realize your own "inner strength."

About the Author

Dr. Robert Ing is a forensic specialist and LHP Counsellor with appearances on North American news networks.

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