

“Why am I such a klutz? Why do I do such dumb things? Why am I never getting anywhere?”

Have you ever heard yourself ask these things when you’re frustrated with your grades or your performance? What you probably didn’t know is that questions like these are actually bad for you.... It’s a lot like playing ping pong with your brain. Serve up a lousy question, and you’ll get a lousy answer back.

Your brain is designed to give you answers, and the better the question, the better the answer. If you ask yourself a question like, “Why do I do such dumb things?” your brain kicks into gear to find an answer, and it’s never positive. You just end up focusing on your weaknesses.

It’s better to ask questions that begin with “I wonder how I can....” These are called “wonder-FULL” questions, because they fill your brain with wonder, and to “wonder” is what our brains are made to do.

It’s like this: If you ask yourself, “I wonder how I can get better grades in English?” your brain will give you different answers than if you ask “Why do I stink at English?”

An athlete who asks, “I wonder how I can get more arc on my free-throws?” will get different answers than a player who asks, “Why am I blowing it at the free-throw line?”

Think of it this way: You’re on a journey to become something more than you are, and NOTHING impacts the direction of your journey more than the questions you ask yourself. So starting today, ask yourself questions that start with “**I wonder how I can...**” and watch how your brain sends you in a positive direction.

LEARNING OBJECTIVE:

Students will articulate specific questions that generate creative solutions to everyday situations.

INSTRUCTIONS: Distribute the handout to students after viewing the video. Invite students to share their answers to question #1 only.

CLASS DISCUSSION POINTS

1. Where, or from whom, did we learn to ask ourselves questions like “Why am I so _____?”
2. Questions can pop into our head very quickly...even before we can think carefully about what to ask. What can a person do after asking a lousy question to change the brain’s direction?
3. How can we get in the habit of asking wonder-FULL questions more often?

1

Share an example of a negative or “lousy” question you’ve heard yourself ask your brain.

Shared answer

2

What wonder-FULL questions do you need to ask yourself right now?

Finish this sentence: “I wonder how I can...

Private answer