

Twitter Thread by [Dickie Bush](#) ■



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[@dickiebush](#)



For 500 days I've written 500 words of Morning Pages.

While they're usually just brain dumps, I'll sometimes reflect on specific questions.

As [@tferriss](#) says, if you want better answers, ask better questions.

-My Top 10 Reflection Questions (and where I got them)-

[THREAD]

1. How am I complicit in creating the conditions I say I don't want?

This is one of the most powerful questions you can ask yourself. I do it routinely on the first Sunday of every month.

From this episode of the [@tferriss](#) show with [@jerrycolonna](#).

<https://t.co/oXebQBdNKI>

2. Where am I feeling the Resistance?

Whenever I'm lagging on a project, I ask this question to put the Resistance out into the open.

From *The War of Art* by Stephen Pressfield (a must-read).

<https://t.co/5hHYa51VmG>

3. What would I do to make today horrible?

Using the inversion technique, which I learned about from [@JamesClear](#) and wrote about here:

<https://t.co/mHFSLUaTVv>

4. Where am I making things more complex than they need to be?

I sometimes overcomplicate things that could be much simpler. But societal forces heavily influence me to do so.

For a deep dive, check out this post from [@nateliason](#) ■■

<https://t.co/GfRs5R2hg6>

5. What would this look like if it were easy?

Assuming something is simple and then figuring out how that might be true always shakes up my perspective.

The first of three questions from [@tferriss](#)' blog post 17 Questions That Changed My Life

<https://t.co/HxZazIVFeB>

6. What if I did the opposite in every area?

I sometimes get stuck in my default way of thinking. Completely inverting everything I'm doing and asking what would happen always refreshes my outlook.

Again from [@tferriss](#)' 17 Questions That Changed My Life

<https://t.co/HxZazIVFeB>

7. If I could only work for four hours this week, what would I work on?

When I'm feeling overwhelmed, this helps me identify what is the highest leverage thing I can do.

Taken from a few sources, but mainly [@GregoryMcKeown's](#) Essentialism.

8. How could I achieve my 10-year goals in six months?

Thinking in extremes helps to wash away my self-imposed limitations.

Found while reading about Peter Thiel, a rabbit hole I went down after reading [@david_perell's](#) stellar piece on him.

<https://t.co/UOQ8gCSw6s>

9. How would the type of person I want to become handle this?

When faced with a big decision or problem, I ask myself this question to look for a bolder response.

From [@DavidDCain's](#) article "How to Get Out of a Rut in 20 Minutes"

<https://t.co/AgbFPPkmGb>

10. What would I do if it was impossible for me to fail?

A similar theme of removing self-imposed limitations. Questions like this shift my mindset.

Taken from [@TaylorPearsonMe's](#) Antifragile Planning Article, a master class in setting your intentions.

<https://t.co/G7b1tMkOcj>

If you found these questions valuable:

1) Follow me [@dickiebush](#) for more content like this

2) Check out Ship 30 for 30, a writing community to build your online writing habit in 30 days

<https://t.co/gFBSuuRAzy>

And if these questions resonated with you, jump back to the top and share it so others can find it too:

<https://t.co/HTDpolnIOs>

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— Dickie Bush \U0001f6a2 ([@dickiebush](#)) [July 27, 2020](#)