

A woman with long, wavy brown hair is smiling and looking upwards and to the right. She is wearing a bright red, sleeveless, form-fitting dress. She is standing outdoors, with a wooden fence and green foliage in the background. The image is overlaid with a semi-transparent green grid pattern.

# Five Critical Questions

You Must Ask Yourself if  
You're Serious About Owning  
Your Power

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*By Amy Lombardo*

Dear Friend,

One of my favorite quotes of all time is

*"Be patient toward all that is unsolved in your heart and try to love the questions themselves... Do not now seek the answers, which cannot be given you because you would not be able to live them. And the point is, to live everything. Live the questions now. Perhaps you will then gradually, without noticing it, live along some distant day into the answer." - Rainer Maria Rilke*

Beautiful, isn't it? As much as I love this quote though, I always want to follow it up with a corollary:

*"If you're going to commit to living in the question, it can help to be skillful at choosing which questions to ask!" - Amy Lombardo*

Life will always be full of uncertainties. But if you are asking good questions, you can learn to orient during those uncertain times to the most fruitful, most nourishing, most soul-advancing places that the unknown has to offer. Sounds good, right?

I am a great lover of questions, and I've gone through my journals and stashes of hand-written notes to find five of my favorite, most soul-initiating questions to spark the creative juices of even the most discerning of inquirers. When you review these questions, you can look at them in relation to your work; your home life; or any other lens you deem relevant. You'll find that changing the scope or lens you think of while you ask these questions will most definitely change the responses you get.

**A Word of Warning:** As tempting as it may be to merely read through these questions quickly, I urge you to do otherwise. I suggest you read them once, and let them land in your system. Then, perhaps one at a time, meditate on them. Go for a long walk and ponder them. Journal your potential answers. Talk them over with a friend or loved one. The "living" of the question only comes into play when we are willing to sit with the responses and reactions they bring up in us without grasping immediately for the "right" answer.

And remember, stay curious! And "Explore past your first reaction." These are the skills we need to develop as innovators, changemakers, visionaries, and leaders. The treasure of insights and wisdom await you, and it's time for you to be a pioneer of the inner landscape. Enjoy your journey!

Blessings,



## QUESTION 1: What's the story I most commonly tell about myself, and how is telling this story benefiting me and costing me?

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Real power resides on a foundation of deep truth. If we're serious about owning our power, we need to first inspect what kind of story we're feeding ourselves about ourselves. Sometimes, our stories are so ingrained in us that we no longer see how they might be affecting us, or even holding us back from owning our true potential. Are you describing yourself as a victim? Do you define yourself mainly through the lens of others, like your family, your co-workers, or your friends? Do you define yourself through some other role you hold in your life? Do you mainly associate with one characteristic about yourself, an achievement, or a limitation of some kind? How does that color your understanding of who you are? Getting clear on how you talk about yourself gives you insight into how you think about yourself. And how you think about yourself is like the daily diet that you feed your brain. If it's not a healthy or nutritious and positive diet, it sets a poor foundation for developing a strong connection to your true authentic power.

## TRY THIS:

Write down the most common story you tell about yourself to others. (Hint: Not sure? Ask a few good friends, and themes of how you talk about yourself will quickly start to emerge.) Flesh it out just like you might share it with another. Then, look over the story again and see what kind of language you're using and image you're painting of yourself. How is this image helping you to stay in touch with your power? And how is it limiting your ability to access deeper layers of your true strength? Are there any parts of your story you want to upgrade? Write your new story and start sharing it with others from now on. You may just be surprised at how much power you have yet to uncover within!

## QUESTION 2: What is the “no” I need to say in my life that I keep postponing?

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Let's get real. There are things that you may have said “yes” to at some point, but you no longer really mean it. Perhaps you've outgrown a relationship; evolved your way out of a business agreement; or are long overdue to clear up how you really feel about some wishy-washy commitment you made forever ago. As long as we are complicit in letting these half-truths continue, we are keeping ourselves from our full power. Saying “no” is often the first step we need to take in order to make a fuller commitment to our power and our life.

## TRY THIS:

Time for a little energetic de-cluttering! Write out a list of all your “energy vampires” and evaluate which ones you feel ready or at least most ready to let go of. Some will most certainly be easier than others to leave behind. Start with the small stuff, and for the bigger stuff, trust that you'll gain the courage and know-how over time to release those too. Once you've admitted the truth to yourself, a path to move forward will become more clear to you than you realize. Take that first step, and the plan will unfold from there. Trust.

### Question 3: What gifts of mine have I been hiding from the world?

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If we really check in with ourselves, most of us will find there are some pretty fabulous parts of ourselves we are not sharing with others. What's up with that? Sure, it's scary sometimes to be your whole self and let it all hang out, but what if your gifts weren't really yours, but you were just meant to be the distributor of some unique talent or offering that only you could bring to the world in your own special way? Would your mind change then? If we really want to be true to our power, then we have to be willing to keep trying to shine our own light brighter and brighter, even if that means being vulnerable, which it usually does!

### TRY THIS:

Next time you find yourself shying away for sharing your fabulousness, ask yourself the question "How might it benefit others if I allowed myself to share this gift more?" As Gandhi once said "If you want to find yourself, first lose yourself in the service of others." So, take a moment to stop entertaining all the reasons to play small, and consider what holding back your gift means for others. Choose to offer your gift out as a service towards others. This re-orientation towards service is sometimes exactly what we need to quiet those inner critics for good! We only get to live this life once. Make sure you're making the most of it! Embrace the challenge that comes with unveiling your gifts.

## QUESTION 4: Who are the five people I spend the most time with on a daily basis?

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Keeping good company is important. Without a doubt, the people you spend a lot of time with influence the type of person you will become. The company you keep will influence you in two main ways: 1) they will affect the level of consciousness you operate at; and 2) They will impact the types of subjects you engage in. You may be an incredibly conscious person, giving lots of care to your thoughts and words and choosing them carefully, but if you are constantly surrounded by others who are not as conscious, this frequent exposure could impact you negatively or drain your energy in ways unexpected. Or, if you're around groups of people that regularly engage in negative talk; complaining; or enabling habits, you may find this a toxic mix to immerse yourself in if you plan to move ahead into your dreams for the future. Certainly, we don't always have control over who we must spend time with. Nor is it rational to assume we must eliminate everyone from our lives who demonstrates even a little bit of negativity. Rather, this question is designed to have us think more deliberately about the type of company we're choosing to keep, and at a minimum to understand how exposure to this company is affecting our reality.

## TRY THIS:

After you've identified the people you spend the most time with, ask yourself these additional questions: Do these people help enable or disable my vision for myself? Do they elevate me or bring me down? Do they generally hold a positive attitude towards life? How does being around them affect my energy and my outlook on life? If after answering some of these questions, it becomes apparent that some "house-cleaning" of your core circle might be in order, start thinking about what types of people you would like to spend more time with. Who embodies the qualities you would like to live by? Who is operating at the level of consciousness you'd like to operate at? Who is engaging in subject matters that are meaningful to you? Who inspires you? Who would you like to spend more time with? After journaling on these insights, set some firm goals towards building meaningful and purposeful relationships in your life.

## QUESTION 5: What are three ways you can stay in touch with the wonder and mystery of life every day?

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Lest we think owning our power is only about managing relationships, thinking and speaking positively, and achieving well defined goals...I've concluded this set of five questions with what I believe is the most important. The very best way for us to stay in touch with our personal power is to stay in touch with the very source of that power. No matter who we are, our personal power is sourced from that place of mystery within. It's that part of each of us that holds the very impulse to be alive and to evolve. We must never forget that we are a magical, mysterious creation of life. **THERE IS NO ONE EXACTLY LIKE YOU ON THIS PLANET, AND ONLY YOU CAN BRING YOUR UNIQUE FORM OF AMAZINGNESS TO THIS WORLD!** It's a truth so primal and so simple that its deep potency often gets overlooked. A simple reminder to connect us back to the preciousness and wonderment of life can, in an instant, shift your whole perspective on what's possible. From this place of awe, you can see more clearly why NOW is the time for you to really dive in head-first and OWN YOUR POWER. Life is precious, too precious to flit away our time playing small. The world is waiting. It needs you to blossom into the special gift that you are. What are you waiting for?

## TRY THIS:

Connecting to the wonderment and mystery of life does not have to be complicated. Hint: The opportunities usually lie in the small things that we overlook. For example, have you ever slowed down to literally smell the roses? When was the last time you held an infant in your arms? Have you ever offered a hug to a person in need, even a stranger? When did you last see a sunset close another day? Mystery and miracles lie all around us. We just have to choose to slow down enough to stop and observe. It never ceases to amaze me how transformative these instant "moments of awe" can be in shifting our whole consciousness. "When we stay connected to source, we stay connect to our own power too." We remember we too are part of the miracle of life and that truly anything is possible. Make a commitment to stop three times a day, no matter what you're doing, to take a moment to connect to the mystery and magic around you. The more you do this, the more you will stay in a field of higher vibration, the realm of possibility - the place where your dreams for the future will take root!

# Living Authentically. Evolving Consciously.



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Since 2000, Amy Lombardo, has pioneered breakthrough innovations in evolutionary personal growth programming and coaching that has solidified her reputation as an expert in the field of human potential. Armed with an ivy league education, a masters in rhetoric, and certifications in yoga and empowerment coaching, and over 15 years experience as a spiritually-minded entrepreneur, Amy blends ancient wisdom with modern education techniques and business savvy to deliver top-notch, multi-disciplinary offerings that are at once heartfelt and powerfully practical. “Not content with business as usual,” Amy founded her own consulting company, True Nature Wellness, in order to make traditional wellness practices (like yoga) and empowerment trainings available to all types of people regardless of their age, state of health, or economic background. Her work reached international bounds with her customized programs serving everyone from Alzheimer’s patients, women activists in third-world countries, high end corporate CEOs, universities, non-profit institutions, and the top celebrities and philanthropists in NYC and LA. Her outreach work continued in 2006 when she co-founded Karma Krew, a yoga based non-profit, in order to make the yoga community more socially conscious and training teachers to bring their services into under-represented communities. Through her coaching, curriculums, and trainings, Amy’s helped hundreds of social entrepreneurs and visionaries explore the connection and harmony between the intelligence in the mind and the wisdom within the heart. Her highly motivating and authentically inspiring style cuts through the noise and awakens possibility in even the most apprehensive of souls. It is her most sincere wish that her work supports people in accessing their potential for radical compassionate action in the world and in their lives in order to support greater peace and harmony for all beings.

## Get In Touch

Enjoyed these questions? Had some insights? Please share! Or if you’re ready to dive in deeper, contact Amy directly for a free coach consultation at [amy@amylombardo.com](mailto:amy@amylombardo.com).

Visit Amy’s website, [www.amylombardo.com](http://www.amylombardo.com).