



Asking Wonder-FULL Questions

“Why am I so uncoordinated?”

“Why do I do such dumb things?”

“Why am I not improv

Questions like these are common among young athletes who feel frustrated by mistakes, learning plateaus, and setbacks. What they don't understand is the negative impact of these questions. The brain is designed to give us answers to the questions we ask, and those answers send us in a direction.



If you ask yourself a question like, “Why do I do dumb things?” the brain kicks into gear to find an answer, and it's seldom helpful or positive. When we ask a negative question about our children, like, “Why is he so undisciplined?” The brain tries to supply us with answers – but those answers are never constructive. In both cases we just end up explaining weaknesses with what's missing, instead of what's needed.

In her book *Managing Thought*, Mary Lore teaches the value of asking questions that begin with “I wonder how...” I call these “wonder-FULL” questions because they fill us with wonder, and to “wonder” is what brains are made to do.

An athlete who asks, “I wonder how I can get more top spin on the ball?” will receive different ideas from the brain than someone who asks, “Why am I so bad?”

A student who asks, “I wonder how I can improve at math?” will get different answers than someone who asks “Why do I stink at math?”

A dad who asks, “I wonder how I can teach my daughter the value of hard work?” will think and behave differently than the dad who asks, “Why is my daughter so lazy?”

The direction of our brain, and the actions we take, come from the questions we ask about the challenges we face. Teach your children to ask “wonder-FULL” questions so the most creative part of their mind sends them in a positive direction.



Asking Wonder-FULL Questions

Discussion Guide for Parent and Athlete

1

What is your area of concern when it comes to your child's development?

2

What positive and wonder-FULL question can you ask yourself that will lead to a creative and constructive answer?