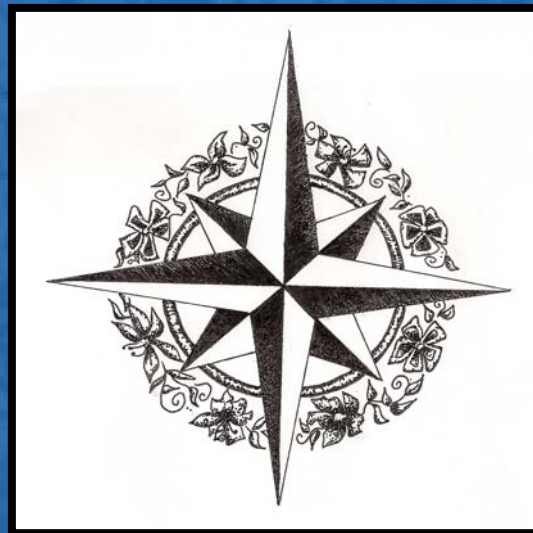


# What if ...?

Two Simple Words  
Ten Power Questions  
One Great Life!



**A Woman's Field Guide™ Discovery E-Book**

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<p><b>A note from the author</b></p>
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Sometimes simple is better. Wouldn't you agree?

What follows are two gems I am pleased to share with you. They have opened new vistas for many – now it is your turn.

The first section spotlights an effective strategy to dramatically expand your view of what is possible and to help you shift from problem-solving to opportunity-harvesting.

Frankly, one approach is much more fun than the other!

Practice **What if / What if** and watch new windows open wide.

Following this you will find ten powerful questions woven into the poem entitled **What if ...**

I invite you to soak up the words by pulling them off the page and into your heart and come back to them often.

I hope these words serve you. Please feel free to share your stories with me. Let us inspire each other!

With warm regards – *Corrie Woods*



### **What if / What if**

A winning strategy to get from where you are to where you want to be

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Consider the following statement:

It is from powerful questions that we find powerful solutions.

Remember a time when you had an important issue to resolve and in response you experienced stress. You heard that familiar running conversation in your head, over and over, hashing out the ifs, ands, buts, and yeah-buts. With each attempt to get clear about the situation you felt banked in by fog and confusion and found yourself no closer to the solution. In those times, when you did ultimately make a choice, it perhaps felt more like flipping a coin and crossing your fingers than moving in a clear direction.

By approaching the challenge, opportunity or issue with powerful questions from the outset you can steer around the familiar groove. You can save yourself lots of time and, more importantly lots of anguish and get on with living an empowered life by making empowered choices.

Sometimes a simple strategy can be the most effective. I'll share with you one time-tested, client-tested, two step strategy for shifting the conversation in your head and shifting your life from *yeah-but* to *now I see all that is possible*.

## What if / What if

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Some background:

When clients engage in Life Coaching it is 100% of the time prompted by the issue of being in one place in their life and wanting to be in another.

Examples:

- Stressed out and overworked / Desiring more balance and relaxation
- Struggling with the inability to complete projects and tasks / Wanting to have more finished business than unfinished business in their life
- Not satisfied with work / Wanting to explore, discover and pursue work they are passionate about
- Health and fitness always on the back burner / Wanting to be strong and fit and experiencing all the benefits that brings
- Lack of clarity regarding a pending decision / Wanting clarity and the peace of mind that brings
- Loving the current state of things / Wanting to ramp up life even further

Got the idea?

While working with clients, this universal theme of being in one place and wanting to be in another led over and over to our asking two questions ...

## What if you did?

## What if you didn't?

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Using the examples above ...

**What if** ... you created strategies that led to your work being more fulfilling, less stressful, and you found yourself smiling and playing more? How would your life look and feel?

And just as important to ask ... What if you didn't? In six months, one year, or five years how would your life look and feel?

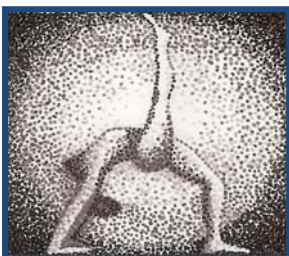


**What if** ... in the next three months you could come up with an approach to get complete on all things on your unfinished business list, and beyond that, build in some strategies to keep you current as you move forward. How would that look and feel?

What if you did not and the same things were tugging at you and dragging you down in six months, one year and on?

**What if** ... through powerful questions, great research, some thorough investigation you were able to identify what makes your heart sing and build a bridge to new life's work that reflects that passion? How would your life look and feel ...

What if you did nothing more that feel incomplete and dissatisfied in your current work? How would your life look and feel?

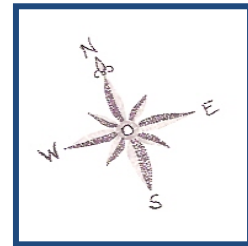


**What if** ... you created strategies, connected with the right people to assist you, the right tools and resources to leverage you towards your personal health/fitness goal – starting today? How would your life look and feel in six months, one year, and five years?

What if you did not and you continued on your current approach of frustration and little action where fitness is concerned? How would your life look and feel?

When approaching an issue or decision in your life, be it large or small use these two simple questions: What if I do? / What if I don't? Explore each in depth, painting both pictures in full color, and see where each takes you.

In this simple approach to problem-solving the first question: "What if I do?" becomes a way of opening the issue to all the potential and a way of spotlighting a compelling draw forward to the goal. Feel the sense of expansion into what's possible when you ask, knowing there are the right people, right resources, right tools to assist you in your endeavor, if you choose.



The second question: "What if I don't?" becomes a way of contrasting and of realistically looking to the outcome if you do not reach for empowered solutions. Feel the closure, weight, and tightness that can come when you ask what if I do not. The contrast creates an edge and a compelling pull toward great solutions.

Over time, when using this simple skill-set, life becomes more about all that is possible and less about yeah-but, more about movement and flow and less about static and stuck, more about being jazzed about the life you are living and less about regret.

Try it out, and, too, share it with a friend. When "what if" starts skipping from your lips, you will know you have mastered a powerful life-skill and embraced a new way of being.

***In the spirit of expansive possibility, I invite you to consider the following ten foundational "What if's."***



## Two Simple Words ... . What if ...

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**What if** - I experienced gratitude each and every day for the things large and small that add to the richness of my life?

**What if** - I acknowledged a friend's gifts and greatness each day?

**What if** - I let go of the notion that I have to strive to be perfect and never make mistakes and, rather, I celebrated how perfect I am in this moment, flaws and all?

**What if** - I truly felt worthy of what my heart longs for?

**What if** - I treated each new day as a cause for celebration?

**What if** - I determined emotional pain is not a bad thing and I recognized it as a threshold through which I must travel to experience lasting joy?

**What if** - I started splashing in life's mud puddles instead of tip-toeing around them?

**What if** - I could remember at all times that the judgment of others is more about them than about me?

**What if** - I spoke my truth from my heart from this day forward, rather than allowing my words to get tangled up in my head?

**What if** - I could rest upon my deathbed with a smile on my face, uttering these words:  
"If I had it to do all over again, I wouldn't change a thing!"

- Corrie Woods

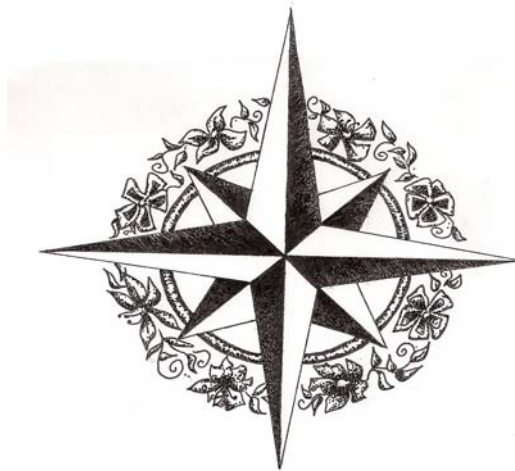
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### About the Author

Corrie Woods is an Author, Professional Life Coach, Speaker, and Women's Retreat Leader. As advocate, partner, collaborator, and "way-outside-the-box" thinker, Corrie challenges her clients to see the possibilities, to shift from negative to positive priority living, and to become vitally engaged in life. Working in collaboration with clients to dramatically expand the view of what's possible in living a fully-expressed

and fully-loved life is Corrie's passion.

A bit of her professional collage

- Graduate, CoachU Coach Training Program
- Member, International Coach Federation.
- Member of the **Retreat Coaches Network**
- Certified Seasons of Change Facilitator
- MBTI, Myers-Briggs Personality Indicator administrator



### About the illustrator

See 49 original illustrations by Caren Frost Olmsted in **The Woman's Field Guide™ to Exceptional Living**. To learn more and to see the diversity and magic of her work go to [www.cfodesign.com](http://www.cfodesign.com)



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