Why vs How

Whatever you 'Google' is what you get (e.g. google rabbits, you'll get loads of rabbits - you won't see donkeys). The same goes with life! What you google, or focus on, is what you get. When you focus on being grateful for all the things that light you up and make you happy, you tend to get more of those things come into your life. You find them, because you're already looking for them.

One problem that can cause our minds to spiral out of control is when we start to 'google' questions that are not very helpful, which often start with the word, 'why'.

Why questions ask for a reason. For example:

Why is my life so bad?
Just like Google, you will come up with some answers, such as:
Because my parents are mean and want to ruin my life…….
Because your friends don't like me today……..

How questions ask for a solution.

But if we switch this around to a HOW question and put a positive spin on it, you look for solutions instead of evidence.

How can I make my life feel better today?
You'll come up with lots of search results because you're open to it, such as:
You could do some exercise
Ask Mum to see a counsellor
Read a book
Set some positive goals
Create a self-care plan
Watch some positive, inspiring Youtube videos

Your turn: Come up with a WHY question you always ask yourself and turn it around to make it a HOW question. Write the answer on the back of this worksheet or in your notebook!