

MAGICAL QUESTIONS TO CREATE MORE LOVE & CONNECTION

-Ruth Stern-

The power of REAL connection- 20 questions to create magical LOVING connection, deeper relationships with those you love.

Studies show that one **of the highest indicators** for better health, longevity and happiness is having close loving relationships. This can be with your partner, your children, parents, neighbors etc.

Most of us know others on a more superficial level. As social media grows, many people have disconnected from true intimacy, I see couples going to dinner and each is looking at their phone instead of each other. Kids playing online games and never looking up from their iPad. People dating and texting more than actual talking.

We are disconnecting from REAL CONNECTION. This causes us to feel lonely and isolated. We all have an innate need to be seen and heard and validated. It is a great human need and the more we are heard and seen, the more we grow and thrive personally and spiritually.

These questions will help you create a more meaningful connection from your heart to theirs. **You will learn more about each other and know each other on a soul level which is where the profound relationships manifest.**

People will light up when you ask the questions

I believe we all need more love

We need more heart and light in our lives

We need to be seen and heard

We need to relate more deeply

And we need to ask the questions to ignite the connection

Just ask and watch the magic ...

Who do I do these questions with? I have couples use these questions to re-ignite their relationship. Some of my clients have used this with their parents who suffer a terminal disease and want to know them better and create a bond of real connection. You can use questions like these with your children to move out of superficial conversation. Use them when you're dating and want to know your partner more intimately.

How to use the questions? Just take some special time and tell your person, "*You know I really want to know you more; we get caught up in the ordinary stuff of the day and I really want to know you on a deeper level*"

You can make it a game. Cut up the questions and put them in a jar and pull a question to ask.

Dinner time with the kids- someone picks a question and everyone answers.

Be creative! There's no right or wrong way to do this. Just keep it positive!

Ask & Feel The Magic of Your Connection

The Questions

- 1. What about being a parent do you love?*
- 2. When you were younger, did you have dreams to be or do something?*

3. *What are your favorite memories growing up with your parents?*
4. *What do you feel are some of your best qualities?
Here's what I think they are...*
5. *What makes you feel happy?*
6. *What lights you up? What energizes you and why?*
7. *If you could have 3 wishes, what would they be and why?*
8. *What famous person do you admire and why?*
9. *What makes you feel alive and full of energy?*
10. *If you had no fear, what would you do?*
11. *The world would be a better place if...*
12. *If you could go back and talk to your younger self, what advice would you give him/her?*

13. *What life lesson did you learn from a difficult experience you had?*
14. *What do you think would probably surprise most people about you? Why?*
15. *What is your greatest strength?*
16. *What is something you consider to be a great personal success? Why do you consider it, to be significant?*
17. *What is your belief about God/Higher Power?*
18. *What are 2 or 3 of your most important values?*
19. *How do you want to be remembered?*
20. *What inspires you?*

Now, it's your turn, come up with your own...

Ruth Stern

Create the Life & Work You Dream Of

