

### WEEK ONE

- 1.) Are you making choices in your life based upon your personal power or are you trying to please others?
- 2.) Is there anyone out there that you would dread bumping into at the grocery store?
- 3.) What is it about them that makes you feel uncomfortable?
- 4.) What bad habit do you really want/need to kick?
- 5.) Are you by nature an optimist or a pessimist?
- 6.) Do you have a best friend?
- 7.) Do you dream?

### WEEK TWO

- 8.) What do you dream about? Do you remember?
- 9.) Do you have something to look forward to every day?
- 10.) What in your life is better today than it was a year ago?
- 11.) Does your physical environment inspire and uplift you?
- 12.) Do you get regular health and dental check-ups?
- 13.) Do you live comfortably within your means?
- 14.) What future event are you most looking forward to?

## 29 QUESTIONS FOR 29 DAYS



## FEBRUARY 2016

### WEEK THREE

- 15.) In your "perfect world", what would your career be in five years?
- 16.) What is it about that career that you find appealing?
- 17.) What is the kindest thing that someone has done for you recently?
- 18.) Do you receive enough love?
- 19.) Do you *give* enough love?
- 20.) What parts of yourself do you try to keep hidden?
- 21.) Why do you hide them?
- 22.) What gives you strength?

### WEEK FOUR

- 23.) Does being around large groups of people leave you feeling energized or exhausted?
- 24.) What breaks your heart?
- 25.) What brings you great joy?
- 26.) In what ways do you consistently sabotage yourself and your success?
- 27.) How do your spiritual beliefs (or lack thereof) shape your life?
- 28.) Are you good at following your intuition and trusting your "gut"?
- 29.) Do you regularly engage in hobbies or activities that bring you pleasure?