

WEEK ONE

- 1.) If you had a magic wand, how would your life be different?
- 2.) How do you most often sabotage yourself?
- 3.) What are the top three things that bring you joy?
- 4.) Where do you create stress in your life?
- 5.) When during the day do you feel the most energetic?
- 6.) What is the biggest misconception that others have about you?
- 7.) What are you avoiding?

WEEK TWO

- 8.) What do you need to say "no" to?
- 9.) What is the worst insult someone could throw at you?
- 10.) Why would that particular insult be so damaging?
- 11.) What cause are you most willing to fight for?
- 12.) Are your expectations too high or too low?
- 13.) What always puts a smile on your face?

30 QUESTIONS FOR 30 DAYS



JUNE 2016

- 14.) What positive change can you make happen in the next six months?

- 15.) Do you use your strengths?

WEEK THREE

- 16.) What change are you NOT ready to make yet?
- 17.) How are you too hard on yourself?
- 18.) What is missing in your life?
- 19.) How are you teaching people to treat you?
- 20.) What goal truly excites you?
- 21.) Who do you need to be to accomplish your goals?
- 22.) If you could re-live any day from your life, what day would you choose?
- 23.) What celebrity most gets on your nerves and why?

WEEK FOUR

- 24.) How does your body experience stress?
- 25.) What talents are you not using?
- 26.) When do you like yourself most?
- 27.) How are you creative?
- 28.) What is the best idea you've had this week?
- 29.) Do you feel free to speak your truth?
- 30.) What is one thing that you can do this week to improve the quality of your spiritual life?