

WEEK ONE

- 1.) What new activity would you like to try in the next 31 days?
- 2.) Where do you feel the most safe?
- 3.) What makes you feel ashamed?
- 4.) What does independence mean to you?
- 5.) What do you enjoy most about your current job?
- 6.) What about your current job drives you crazy?
- 7.) Do you picture yourself still working at your job in 5 years?
- 8.) Do you believe in second chances?

WEEK THREE

- 17.) When was the last time you had a good laugh with friends?
- 18.) What are you doing to take care of your physical well-being?
- 19.) If someone gave you \$1000 to spend any way you wanted (but you HAD to spend it), what would you spend it on?
- 20.) What is your favorite time of year? Winter? Spring? Summer? Fall?
- 21.) What is your favorite time of day? Morning? Afternoon? Evening? Night?
- 22.) What was the last book you read?

WEEK TWO

- 9.) Do you typically see what's right about a situation or do you typically see what's wrong?
- 10.) Do you trust your intuition?
- 11.) In what ways are you guilty of sabotaging your own success?
- 12.) What activities inspire and motivate you?
- 13.) What activities drain and deplete you?
- 14.) Are you more comfortable in ship roles or supporting roles?

15.) Who or what (if anything) would you be willing to die for?

16.) Whose opinions do you value?

WEEK FOUR

- 23.) What is your biggest frustration right now?
- 24.) Would you want to know the date & time of your death?
- 25.) What is your biggest vice?

31 QUESTIONS FOR 31 DAYS



JULY 2016