

WEEK ONE

- 1.) Are you doing what you truly want to be doing?
- 2.) What's the one thing that you are most satisfied with in your life?
- 3.) Are you actively working towards a big dream?
- 4.) What past accomplishments make you the most proud?
- 5.) Who do you love?
- 6.) Why do you love them?
- 7.) Who loves you?
- 8.) Why do they love you?

WEEK TWO

- 9.) What makes you different from everyone else?
- 10.) What activities energize you?
- 11.) When you were a child, what did you want to be when you grew up?
- 12.) What is one thing that you've always wanted to do but haven't yet tried?
- 13.) When was the last time you really talked to your parents/family?
- 14.) What compliments do you regularly receive?
- 15.) What is your idea of a perfect day?

31 QUESTIONS FOR 31 DAYS



JANUARY 2016

WEEK THREE

- 16.) If you could go back in time 10 years, what advice would you give your younger self?
- 17.) Who do you admire?
- 18.) What common traits do the people that you admire possess?
- 19.) What was the last thing that made you laugh?
- 20.) What was the last thing that made you cry?
- 21.) What do you do that makes the people around you happy?
- 22.) What do you do that annoys other people?
- 23.) If happiness were a currency, how rich would you be?

WEEK FOUR

- 24.) What do your favorite books, songs, movies, etc. reveal about you?
- 25.) If you were to die right now, would you have any regrets?
- 26.) Who has had the most influence on your life?
- 27.) What are you holding on to that you know you need to let go?
- 28.) What things are you naturally good at?
- 29.) What superpower do you wish you had?
- 30.) Who are you trying to impress?
- 31.) Why does their opinion matter to you?