

## WEEK ONE

- 1.) What is one activity that you constantly wish you had more time for?
- 2.) Are you currently holding a grudge against anyone?
- 3.) Do you feel appreciated by others?
- 4.) Who do you most enjoy spending time with?
- 5.) What embarrasses you the most?
- 6.) What subject would you like to learn more about?
- 7.) Do you tend to act your age?
- 8.) What makes you jealous?

## WEEK TWO

- 9.) What relaxes you?
- 10.) Do you consider yourself to be moody?
- 11.) What infuriates you?
- 12.) What challenges your morals?
- 13.) What brings you the most security in life?
- 14.) What makes you feel most alive?
- 15.) Do you tend to be a spender or a saver?
- 16.) What drains you?
- 17.) What is your favorite quote?

# 30 QUESTIONS FOR 30 DAYS



APRIL 2016

## WEEK THREE

- 18.) What are you most looking forward to right now?
- 19.) Do you feel like you are "settling" for something less than you want/deserve in life?
- 20.) What is the biggest project that you are working on right now?
- 21.) What gives you confidence?
- 22.) What rule do you believe was meant to be broken?
- 23.) What do you have too much of?
- 24.) Are you a good listener?

## WEEK FOUR

- 25.) If you made the laws, what is one law that you would enact today?
- 26.) What's your biggest guilty pleasure/vice?
- 27.) What three things do you need to do tomorrow?
- 28.) What lesson have you learned over the past week?
- 29.) What recent decision are you glad that you made?
- 30.) What is one thing that you KNOW that you need to do but that you keep putting off? Why do you think that you are putting it off?