

### WEEK ONE

- 1.) What advice do others often seek from you?
- 2.) What causes do you strongly believe in, connect to and support?
- 3.) What values do you hold to be sacred?
- 4.) What challenges/hardships have you overcome?
- 5.) If you had to teach something to a large group of people, what subject matter would you choose and why?

6.) Do you get enough rest?

7.) Is your living space organized?

8.) What is your mission in life?

### WEEK THREE

18.) What brought you the most joy today?

19.) If you could have a "do over" for yesterday, what one thing would you change?

20.) What was the last major accomplishment you had?

21.) How well do you handle difficult emotions?

22.) What material possession can you not imagine living without?

23.) What stresses you out?

24.) Do you have a pet that you love?

25.) Who is your hero?

### WEEK TWO

9.) Do you consider yourself to be more laid back or uptight?

10.) Are you an early bird or a night owl?

11.) Are you more of a talker or a listener?

12.) What is the biggest obstacle between you and your ideal life?

13.) Who do you most enjoy spending time with?

14.) Who do you trust the most?

15.) How often do you get bored?

16.) Are you creative?

17.) What is your favorite song?

### WEEK FOUR

26.) What fears are you facing today?

27.) Do you make good use of your time?

28.) What is the last healthy thing that you did for yourself? When did you do it?

29.) What is something that you are not willing to compromise on?

30.) What was the last thing you felt guilty about? Why did it make you feel guilty?

31.) What is one small thing that you can do RIGHT NOW in this very moment, that will add joy to your life *and* move you closer to one of your goals? Why haven't you done it yet? Seriously...GO DO IT. RIGHT NOW!

## 31 QUESTIONS FOR 31 DAYS



## MAY 2016