

WEEK ONE

- 1.) What would you do with an extra hour a day?
- 2.) What are you waiting for?
- 3.) What consistent steps are you taking to better yourself?
- 4.) What are you trying to prove to yourself?
- 5.) If your money could talk, what would it be saying to you?
- 6.) Whose well being do you put ahead of your own?
- 7.) Why do you think that their well being matters more than yours?
- 8.) Are you happy right now?

WEEK TWO

- 9.) What does success look like to you?
- 10.) What personal quality is your greatest asset?
- 11.) What personal behavior do you exhibit even though you know that it is holding you back?
- 12.) What positive behavior could you choose to replace your negative behavior?
- 13.) What is the best decision you've ever made?
- 14.) What makes you feel most alive?

31 QUESTIONS FOR 31 DAYS



MARCH 2016

- 15.) What would people be surprised to learn about you? Why would this information be surprising to them?

- 16.) What drains you?

WEEK THREE

- 17.) If you had to completely rewrite your personality and could only keep three of your current personality traits, what three would you keep?

- 18.) What has always come easily to you?

- 19.) What do you waste your time on?

- 20.) What do you waste your money on?

- 21.) If someone wrote a book about your life, what would the title of the book be?

- 22.) Do you take regular breaks throughout your days, weeks, months and years?

- 23.) What makes you feel refreshed?

WEEK FOUR

- 24.) On a scale of 1 to 10, how much of the "real you" are you when you're at work?

- 25.) Do you love yourself?

- 26.) Where do you want to live?

- 27.) What comfort rituals do you employ when life gets overwhelming?

- 28.) What is your favorite mode of self expression?

- 29.) What is your intuition telling you?

- 30.) Do you find it easy to follow the guidance of your intuition?

- 31.) What has been your greatest accomplishment this month?