

WEEK ONE

- 1.) What was the highlight of the past month?
- 2.) What was the biggest disappointment of the past month?
- 3.) What are you most looking forward to in the next 30 days?
- 4.) What are you most nervous about this month?
- 5.) What skills or talents are you under-utilizing?
- 6.) What was the last sincere compliment that you gave?
- 7.) What was the last sincere compliment that you received?
- 8.) What are you avoiding out of fear?

WEEK THREE

- 17.) What legacy do you hope to leave behind?
- 18.) Where do you feel broken or out of balance?
- 19.) What has angered you the most in the past month?
- 20.) What is your intuition trying to tell you?
- 21.) What situation in your life turned out to be a blessing in disguise?
- 22.) What actions can you take to begin being kinder to yourself?
- 23.) Do you tend to express your emotions freely or do you tend to hide them from others?

WEEK TWO

- 9.) How do you want to feel on a daily basis?
- 10.) What do you need more of in your life?
- 11.) What do you need to remove from your life?
- 12.) When was the last time you totally unplugged from social media for a day?
- 13.) What is your all time favorite way to waste time? Maybe it's not such a waste.
- 14.) How did you surprise yourself last month?
- 15.) If money were no object would you still work at your current job?
- 16.) What is your favorite bad habit?

WEEK FOUR

- 24.) How do you measure personal success?
- 25.) What patterns do you experience over and over in your life?
- 26.) What insecurities do you need to address?
- 27.) How do you get in the way of your own success?
- 28.) If you found a genie lamp, what three wishes would you make right now?
- 29.) Where in life are you playing it safe?
- 30.) What bold step toward your Fab-YOU-lous life can you take in the next 30 days?

30 QUESTIONS FOR 30 DAYS



SEPTEMBER 2016