

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.) If you could fix one world problem, what would it be?
- 5.) Would you sacrifice yourself for a stranger?
- 6.) How do you deal with failure?
- 7.) Is your current life the way you thought it would be ten years ago?
- 8.) Do you believe in soulmates?

WEEK THREE

- 17.) What advice would you give a recent graduate?
- 18.) If you could invite any 3 people to a dinner party, who would you choose?
- 19.) What is your biggest health concern at the moment?
- 20.) If you could know your future, would you want to know?
- 21.) Do you like going out or staying in?
- 22.) Are you materialistic or a minimalist?
- 23.) What offends you?
- 24.) What delights you?

WEEK TWO

- 9.) Are you an organ donor? Why or why not?
- 10.) What's your favorite thing about yourself?
- 11.) Are you in love with someone?
- 12.) What is one thing that you can't make it through the day without?
- 13.) What (if any) concerns do you have about aging?
- 14.) How have you changed in the past decade?
- 15.) Do you forgive and forget or hold a grudge?
- 16.) What do you consider to be your biggest insecurity?

WEEK FOUR

- 25.) When do you struggle with jealousy?
- 26.) How would you describe your perfect day?
- 27.) What irrational fear are you most afraid of?
- 28.) What causes you to experience feelings of guilt?
- 29.) What lesson have you had to learn the hard way?
- 30.) What are you doing when you feel most alive? How can you begin doing more of it?
- 31.) What are three baby steps that you can take toward your Fab-YOU-lous life in the next 31 days?

31 QUESTIONS FOR 31 DAYS



OCTOBER 2016