

WEEK ONE

- 1.) What was the highlight of your past month?
- 2.) What are you most looking forward to this month?
- 3.) What activities do you have to FORCE yourself to do?
- 4.) What activities cause you to feel most useful?
- 5.) What gives you a rush of excitement?
- 6.) What do you want to be remembered for?
- 7.) What three events/activities would you love to attend in the next year?

- 8.) What action do you need to take?

WEEK THREE

- 17.) What do you think is really cool but out of your league?
- 18.) What thought is always lurking in the back of your mind?
- 19.) How much money would you like to be making?
- 20.) What (thus far) has been your favorite "screw up"?
- 21.) What is your most recent victory?
- 22.) Do you recognize the signs/symptoms of burnout?
- 23.) Who do you share your most passionate, goals and dreams with?

WEEK TWO

- 9.) Who is your biggest cheerleader?
- 10.) Do you believe in a higher power?
- 11.) How do you want your life to *feel*?
- 12.) What would you like to never, ever, ever do again?
- 13.) What do you say when someone asks "what do you do?"
- 14.) When do you feel the most powerful?

- 15.) Where is your area of genius?

- 16.) What do people thank you for most often?

WEEK FOUR

- 24.) What are you supremely thankful for?
- 25.) What can you just not get enough of?
- 26.) What holiday traditions hold special meaning for you or your family?
- 27.) How do you feel on Sunday nights or Monday mornings? What does this tell you about your life?
- 28.) What is your message to the world?
- 29.) Who most needs to hear your message?
- 30.) What gifts/talents/aptitudes/awesomeness do you really need to give yourself more credit for? Why do you sell yourself short?

30 QUESTIONS FOR 30 DAYS



NOVEMBER 2016