

### WEEK ONE

- 1.) What moments of the past month were especially memorable?
- 2.) What are you most looking forward to this month?
- 3.) What was your first thought upon waking this morning?
- 4.) What was your last thought before falling asleep last night?
- 5.) Whose approval do you seek the most?

- 6.) Do you tend to run late or early to appointments?
- 7.) What does "cutting loose" look like to you?

### WEEK THREE

- 17.) What is the most consistent feeling that you experience throughout the day?
- 18.) What is something that you've stopped doing-but miss?
- 19.) What always brings you joy?
- 20.) Where do your thoughts go when you day-dream?
- 21.) Do you have any beneficial rituals in your life?
- 22.) What feels unfinished in your life?
- 23.) What kind of first impression do you think that you give off?
- 24.) How does your childhood still affect you?

### WEEK TWO

- 8.) What kind of help do you need most right now?
- 9.) Where in life do you need more clarity?
- 10.) What do you consider to be your "good luck" charm?
- 11.) Are there situations/people in your life that you resent?
- 12.) What is your biggest turn on?
- 13.) What is your biggest turn off?

- 14.) Are there any bridges that you need to build or burn?
- 15.) What do you need to stop doing?
- 16.) Do you rest?

### WEEK FOUR

- 25.) What are you most excited about today?
- 26.) What one thing must you absolutely accomplish in the coming year?

## 31 QUESTIONS FOR 31 DAYS



## DECEMBER 2016

- 27.) What things in your life make you feel inauthentic?
- 28.) What aspects of your life feel forced?
- 29.) If you could go back and re-live any moment of the past year, what would it be?
- 30.) What are the five biggest goals that you want to accomplish in the coming year?
- 31.) What one *feeling* do you want to experience most often in the coming year?