

SELF-DISCOVERY Q'S

TO ORGANIZE YOUR LIFE

ME QUESTIONS

WHAT ARE MY PRIORITIES AT THIS MOMENT?

WHAT DO I NEED MORE OF IN LIFE?

WHAT ARE YOUR GOALS?

WHAT DO YOU WISH YOU DID MORE OF?

LIFE BOOSTERS

LIST SMALL VICTORIES AND SUCCESSES IN YOUR LIFE

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EVERY DAY LIFE

WHAT DOES YOUR IDEAL DAY LOOK LIKE?

CORE PROBLEMS

WHICH AREA MAKES YOU FEEL THE WORST? WHY?

WHAT IS DRAINING MY ENERGY? (WHAT SHOULD YOU REDUCE?)
