

SELF DISCOVERY

WHAT DOES MY LIFE LOOK LIKE RIGHT NOW?

AM I HAPPY WITH HOW I HAVE BEEN SPENDING MY TIME?

WHAT WOULD AN IDEAL DAY LOOK LIKE FOR ME - MORNING TO NIGHT?

WHAT THINGS DO I VALUE MOST IN LIFE?

It is in self discovery that the true answers to life lie.

- Anonymous

WHAT ACTIVITIES / THINGS GIVE ME THE MOST JOY AND SATISFACTION?

WHAT IMPORTANT NEEDS DO I HAVE THAT ARE NOT GETTING MET?

WHAT BELIEFS ARE HOLDING ME BACK FROM LIVING MY DREAM LIFE?

WHAT IS MY DEFINITION OF SUCCESS?