



KNOW THYSELF...

ASK, REFLECT, AND ANSWER THESE QUESTIONS OF YOURSELF...

- 1) What is working well in my personal and professional life today?
- 2) How do I stay collected and grounded when I'm overwhelmed?
- 3) What would my *ideal me* be like?
- 4) In ranked order, here are the top 5 most important things in my life (ex: money, love, family, knowledge, religion, prestige, etc.)
- 5) What are the 3 words that I believe best describe myself?
- 6) What is the single best advice I ever received?
- 7) What is my single biggest strength and biggest weakness?
- 8) THIS is the biggest thing that scares me.
- 9) Am I satisfied with the relationship I have with my children and if applicable, my wife/husband/partner/significant other?
- 10) Do I treat myself better than I treat others?
- 11) What is my biggest unfulfilled dream or goal?
- 12) If I could, what would I tell my younger self?
- 13) Am I good at genuinely letting things go? At forgiving others?