


44 self discovery questions

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February 3, 2016 76 questions to spark self-discovery and inspire positive change the first month of the year involved a lot of devotion, but to be honest, I was doing too much work. There have been too many long hours (and days) working at the computer and less material that makes me feel good. Last week I asked myself: Am I honestly happy with how I spent my life minutes? The answer was no surprise: No. As Marrian Williamson said: We are often tired and unbalanced not because we do too much, but because we do too little of what is most real and meaningful. And I definitely didn't do enough of what was real and most important to me. From this simple question, I began to be more conscious about how I was wasting my time. I made a conscious effort to exercise and do things for myself before starting work, I took half an hour to move away from work when I had dinner and I made an effort to switch off early at the end of the day. It also started to wave the effect of more questions (which I included in this post). I truly believe that asking yourself questions can be super powerful and insightful, and because of that, here are 76 questions to ask yourself today, tomorrow, when you don't feel great - when in fact. Some are simple, some are not, some I've been asking myself lately, and some have come from my favorite blogs and books. These questions will spark self-discovery, inspire positive change, and make you stop and think about yourself and how you live your life. HERE ARE 76 QUESTIONS TO SPARK SELF-DISCOVERY AND INSPIRE POSITIVE CHANGE ONE. Am I honestly happy with the way I spent my life minutes? 2. What do I really, really want? 3. Is this really what I want? 4. How will I feel after I have done what I have wanted to do for centuries? 5. What am I grateful for now? 6. What can I choose - today / this season / this year - that will lead me to maximum satisfaction and minimal regret? Alexandra Franzen 7. How can I amplify what I am currently doing (even a little bit)? 8. How can I make someone's day today? 9. Do you have the courage to give birth to the treasures that are hidden within you? - Jack Gilbert via Elizabeth Gilbert 10. Am I playing small right now? 11. How can I add more joy to my day? 12. How much do I want this? 13. If I could go back in time would I really do something different? - Inspired by this book. 14. What am I currently resisting? 15. Do I gravitate towards the safest option through growth? Todd Henry 16. Am I ready to do my best to get to where I want to go? 17. What am I really sorry NOT to do? 18. What really matters to me? 19. What does life want from me? Eckhart Tolle 20. What prevents me from showing up the way I want to? 21. How it fits into my vision Life? 22. If today was the last day of my life, would I like to do what I am going to do today? Today? Steve Jobs 23. What can I do today that my future I will thank me for? 24. How can I be grateful for this? 25. What do I really want to be known for? 26. What am I devoted to? Alexandra Franzen 27. What do I need to give myself permission to do? 28. What does my perfect day look like? 29. What do I really need right now? 30. How do I want to feel? - Daniel Laporte 31. What can I do to feel what I want to feel? - Daniel Laporte 32. Who am I really? 33. What am I becoming? 34. What do I want to learn today? Todd Henry is 35. What have I learned today? Todd Henry 36. What's really holding me back right now? 37. What do I need to do to make this happen? 38. Is this a spark of joy? Marie Kondo is 39. What's the worst thing that can happen? 40. What will I stand for today? Todd Henry is 41. If there was a worst case, would I survive? 42. What is the best thing that can happen? 43. Where can I add value today? 44. How can I add value today? 45. What is my favorite taste of a shit sandwich? Mark Manson and Elizabeth Gilbert, 46. Meaning: What are you passionate about that you can withstand the most unpleasant aspects of work? Elizabeth Gilbert 47. What seeds can I plant today? 48. How can I celebrate someone else today? What really matters to me? 50. What will I stand for today? - Todd Henry 51. How can I create more space in my life? 52. What do I believe? 53. What would be the best option yourself to do in this situation? 54. Am I really happy with the way I'm emerging in the world at the moment? 55. What am I tired of? Alexandra Franzen 56. How can I give today? 57. Where do I feel stuck right now? 58. What if I forgave myself even though I did something I shouldn't have? - Cheryl Strayed 59. What doesn't work for me at the moment? 60. How would you have acted differently tomorrow if you had known that your actions and attitudes on that day would be a permanent testament to your life? Todd Henry is 61. Then: How does your imaginary behavior compare to how you actually live your life today? Todd Henry is 62. How can I do more? 63. How can I do less? 64. How do I get my own way? Elizabeth Gilbert 65. How can I get more pleasure from this? 66. How can I achieve my long-term vision in a way that feels like inserting the desired feelings? - Daniel Laporte 67. What am I willing to let go of? 68. Am I really happy with how I spent my life minutes today/this week/this month/this year? 69. What don't I want? 70. What open loops can I close? Todd Henry 71. How do I want to live my life? 72. What can I learn from this experience? 73. What would you do even if you knew that you could fail? Elizabeth Gilbert is 74. How much do I want this? 75. What good will I do on this day? Benjamin Franklin 76. What good did I do? - Benjamin Franklin WANT TO HAVE TIME WORK DEEP AND WORK FOR THESE questions? I created a free work book for you that includes 76 questions in this this post, so you can put the pen on paper and really immerse yourself in learning them and creating positive changes in your life. PLUS You'll also get access to the entire Infinite Collection - a free (and growing) library of free resources to help you get the most out of your endless life. There's now an epic e-book, sheets, workbooks, audio and more! To access the Infinite Collection (including a free work book) enter your details here incredible person And if you are looking for 1:1 support from someone who will ask you big and powerful questions, step right this way. Love and Gratitude, PS. You can also enjoy: Ready to commit to a goal? Ask yourself these questions first. We couldn't find this PageCheck from some of the other great posts in this blog. Self-awareness improves every aspect of your life and is an important step in your personal development journey. Understanding your communication style can improve your personal and professional relationships. Identifying your weaknesses and strengths helps you work more strategically and achieve your goals faster. Identifying your passions will help you find time for things that make you happy. Knowing your values allows you to live more authentically and be true to yourself. The path to self-knowledge begins with an inner reflection, and one way to do this is to answer self-reflexive questions about yourself. Below are 44 questions you can use to start your journey of self-discovery. 1. Which three words describe me best? 2. What are the important things in my life? 3. What values are important to me? 4. What does my ideal life look like? 5. What is my greatest regret? 6. What are my favorite memories? 7. What makes these memories so good? 8. What keeps me alive right now? 9. What is my greatest strength? 10. What has allowed me to achieve this far in life? 11. What makes life good? 12. Am I satisfied with my life? 13. What do I admire about myself? 14. When am I most happy? 15. Do I like the person I am today? 16. What is my best quality? 17. What is my greatest weakness? How can I earn it? 18. What is my language of love? 19. What is my style of communication? 20. What is my passion in life? 21. How happy am I? 22. What is my purpose on this earth? 23. What am I most grateful for? 24. What do I want to improve in myself? 25. What are the most important events that have happened to me so far? 26. What are the three most valuable life lessons you have learned? 27. Where will I be in 10 years? 28. What am I looking forward to in the next 5 years? 29. What can I do without preparation? 30. What do I lack confidence in? 31. What can I judge myself about? 32. What is my personal definition of success? 33. How successful am I in life? 34. What's on my bucket list? 35. When will I feel most comfortable? 36. What am I uncomfortable? 37. What does what makes me most stressed? 38. How can I cope with stress? 39. What drains my energy? 40. What gives me life? 41. 41. Do I feel at home? 42. What are the 4 basic beliefs that I have about life? 43. What are the 3 limiting beliefs I have about myself? 44. What are the 5 empowering beliefs about yourself? Before you go, be sure to get a free copy of Life Audit, which gives you 9 questions to help you consider your life and the direction it goes in. Until next time, xx-Jenin xx-Jenin

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