

Bonus Episode

10 Self-Reflection Questions

Reflect back on the last 18 months, then focus on your present state of mind and get clarity around where you're heading.

PAST

1. Where have I been?
2. Describe a significant change that has happened in the past year or two. How did you respond?
3. Have you had any particularly spiritual experiences recently? How has this experience affected you?

PRESENT

4. Focus on your breath. Where am I, physically?
5. Focus your thoughts, where am I mentally?
6. Focus on your heart, where am I emotionally?

FUTURE

7. Where do I want to be?
8. What do you find yourself reassessing in terms of the future?
10. On a scale of 1-10, how hopeful do you feel about the future? Why?

BONUS: What do you truly desire? If fear wasn't a factor, how would you go about making changes to move towards what you really want in life?