



Questions to get to know yourself better

- If the next 1000 days looked exactly like yesterday, would you be closer or further away from your dreams?
- If you were on The Truman Show, what would your audience assume your priorities are?
- What's the biggest lie you tell yourself about why you aren't where you want to be?
- Would your 12-year-old self be proud of you?
- What's the thing you absolutely won't stop doing even though you know it would change your life for the better?
- If someone else had your daily habits, would you consider them successful?
- Where do I go when I need to feel at peace?
- If you continue with your current balance of professional and personal development, including time and energy spent on each, how will your life be five years from now?
- If you were 90 and you looked back on this time in your life, what would you say to yourself?
- What are examples of things you're doing to make positive differences in your and others' lives?

Book recommendations

(#1 LOVE, LOVE, LOVE!) “ Don't believe everything you think” Joseph Nguyen

“Deeper Mindfulness” Mark Williams and Danny Penman

“10% Happier” Dan Harris