

LIFE CHANGING QUESTIONS

Find a quiet time and space in your schedule be that in a favourite room or at the local park. Have a pen and paper and allow your mind to wander uncensored. Read each question and as you read it jot down the first things that come into your head even if the answers don't make sense to you (they may later) or you don't understand the answers.

Do your answers match what you are currently doing in your life? Is there imbalance there? If your answer is no don't panic and think you have to turn your life upside down. Simply reflect on your answers without doing much at first. You may like to discuss the answers with a very trusted friend. Then slowly start adding new things in your life and see your life change. For example you might take that art class you always wanted to do or volunteer at the local community center. Doing something different often brings you a different outcome. What is it that you want to change?

1. What do I really want for my life?
2. What should I want?
3. Are my desires really my desires or are they meant to please someone else?
4. What really matters to me at this time in my life?
5. What needs my attention?
6. What am I afraid of?
7. What am I afraid of losing?
8. What am I afraid of gaining?
9. What brings me joy?
10. Make a list of 25 things in your life that truly make you happy

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