



Self-Reflective Questions

The longest and most consistent relationship that you will ever have is the one that you have with yourself. If you can't honestly reflect on who you are in your true essence and how you feel about that girl, you will find yourself draining relationships trying to fill the void of self-love and self-acceptance. Use this worksheet as a baseline – there are no good or bad answers – only truth. This is where you are, it doesn't have to be where you end.

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1. Where do I want to be in the next 1 year, 2 years, 5 years? Will this relationship be there?
Evaluating your relationships based on where you see yourself going is vital. Will this relationship propel me or prevent me from getting there?
2. What do I need to change today to get to my tomorrow?
Change is inevitable. Will the people in your life help you change to meet those goals, or at the bare minimum hold you accountable to them?
3. What's my Why? 7 Levels Deep
Asking yourself WHY to get to the root of your what... Take some time and ask yourself 'why' to whatever goal that you have. Why is this important? What is the cost of not achieving it?
4. What am I grateful for?
Being grateful for what you have is a tried-and-true method of attracting more into your life. If you honor what you have, you appreciate what's to come.
5. What are my values and am I true to them?
What are your core values and beliefs? Are you living in alignment with them now? Can you count on your current relationships to share your values and beliefs? If you say you value something, but don't live them out, then either they aren't your values, or you don't value them enough.
6. Character Evaluation
Exercise: write a eulogy or award speech (whichever you are comfortable with). What would you like to be said about you? Are you living that now? How will you make these statements true to you?
7. Default – Faith or Fear?
What would you do if you weren't afraid? Where are you limiting yourself based on Fear? Which of your relationships strengthen your faith? Which are operating in fear?
8. Am I living a lifestyle that promotes physical, mental and spiritual wellbeing?
How you define each of these areas is yours to determine. But be true to yourself in your response. Don't lie to yourself.
9. Am I giving the people I value the most the best of me?
This is a hard one. Is all my energy dispelled at work and my kids get the left over? Do I give my clients the best of me and my friendships the rest of me?
10. Do I want to look better or be better?
Does my glow come from within or is it just polish? Remember this is a baseline, and we can always change the areas that no longer serve us.
11. Why Not Me?
Evaluate your limiting beliefs of everything that comes in your life – either growth or glow. Why do I believe I don't deserve the 'good' or 'bad' in my life? What limiting beliefs are you holding on to that are holding you back?
12. Love Fest
What do I love about myself? How do my time, spending and relationships highlight these areas? Take some time to really evaluate how truly awesome you are.
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