

Every Morning, Ask Yourself These 5 Questions

1	<p>“What am I looking forward to today?” (You can always find something positive.)</p>
2	<p>“What am I looking forward to tomorrow, next week, next month, etc.?” (Stay focused on your direction/purpose.)</p>
3	<p>“Am I doing things that are leading me to my goals?” (If not, why???)</p>
4	<p>“Am I being my own best-friend?” (Be your own personal cheerleader!)</p>
5	<p>“Am I present in my own body? Feeling what I feel; Seeing what I see; Hearing what I hear? Am I enjoying the gifts of being alive?” (If not, what is preventing you from fully experiencing life?)</p>