

800

THOUGHTFUL

QUESTIONS

SELF-REFLECTIVE JOURNAL FOR SEXUAL SOBRIETY



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SELF-REFLECTIVE JOURNAL FOR SEXUAL SOBRIETY

This intensive questionnaire consists of over 800 thought-provoking questions that will force you to dig deep into your beliefs, perceptions, and thoughts. This will give you an amazing opportunity to focus on defining who you are as an individual. The concept of answering all these questions during this 30-day course will encourage you to refocus your thinking, behaviors, and lifestyle to an improved self-awareness, self-care, and understanding what it means to be self-interested.

There is greatness within you that you haven't touched on yet, but you will. The thought-provoking questions in this book will help you find that greatness. All the books in the series of this course will provide you with the necessary techniques and strategies that will change and transform your life. It is imperative that you read each question in this book and answer each question honestly and as thoroughly as possible. I recommend you use a notebook to rewrite and answer each question. You can never write too much but you can write too little. Therefore, write as much as possible. This will lead to a deeper understanding of yourself and your sex addiction. Be sure to meditate on the questions and your answers.

You are about to catapult yourself to greater heights as long as you continue *applying* the strategies provided in the books within this course, along with an honest self-reflection and introspection of the man you are within.

I strongly suggest you leave your judgments aside and answer every question in this book with an open mind and a spirit of readiness to change. As you meditate on the questions and your answers, you will begin to develop the skills in the art of self-mastery and begin to eradicate active sex addiction out of your life for good.

Have a journal to write in as you answer each question and own a favorite pen that is yours and that you love to write with, and light a candle near you as you write. It's time to learn about yourself as you never have before. Have fun and take meditative breaks along the way.

Transformation Specialist and Course Creator, Robert J Lopicola

SELF-REFLECTIVE JOURNAL FOR SEXUAL SOBRIETY

Thought-Provoking Exercise Questionnaire



7. Where do I want to be in 2 years? 5 years? 10 years?
8. Do I feel hopeless? If yes, why?
9. Did anyone ever tell me that I am unworthy? If yes, who?
10. What does my internal conversation sound like?
11. Am I in a healthy romantic relationship? If yes, what makes it healthy?
12. Does my family support and encourage me? If yes, who?
13. Do I encourage and motivate myself? If yes, how? If not, why not?
14. Am I where I want to be at this point in my life? Where did I plan to be by now?

15. Do I think the world is a safe place? Why?

16. List 5 great things about myself that I believe to be true.

17. List 3 areas of my life that need improvement.

18. Am I willing to improve?

19. Will I create or update my goal list every day? Why?

20. Do I want to create a new life story for myself? Why?

21. Am I ready to cultivate new soil in my life? Why?

22. What is my strongest, most positive quality that I believe I have?

23. Do I believe I have greatness in me? What is that greatness?

24. Do I believe greatness is possible for me? Why?

25. Am I afraid of taking risks? Why?

26. Am I willing to create a new story? Why?

27. Do I have a vision? What is it?

28. What perceptions do I have of my life? My history? My future?

29. Am I willing to forge ahead despite fear? Why?

30. Have I ever been afraid of doing something and did it anyway? What happened?

31. Is my life difficult now? If yes, name three difficulties or challenges.

32. Did I play a role in where I am right now? If yes, what role did I play?

33. It costs nothing to create a vision, it is free. Will I build my vision today?

34. What are the 3 passions I have that help me enjoy life?

35. If I cannot think of a vision for myself, what vision would I create IF I could think of one?

36. Have I ever started over? When?

37. Was there a day when I started something all on my own? What happened?

38. Did I ever want something, and I consistently thought about it, and it happened? What was it?

39. How did I feel in my past when one of my dreams came true? Describe in detail.

40. Can I imagine how I will feel when my vision comes to fruition? Describe the feeling.

41. Am I willing to believe in my dream even if no one else does?

42. What do I believe to be true about me?

43. What do I believe my purpose is?

44. Do I believe I have a purpose?

45. Imagine I let go of all my fears, what could I achieve in my life?

46. Do I doubt my potential? Why?

47. Do I believe I am different than other people? That I am not as good as others? Why?

48. Do I believe in myself? Why?

49. Do I trust my opinions? Why?

50. Do I trust my choices? Why?

51. Am I ambivalent often? Why?

52. Do I typically not know which way to go? Why?

53. Do I start projects and not finish them? Why?

54. Do I procrastinate? Why?

55. Do I have people in my life who believe in me? If yes, who? How do they show they believe in me?

56. Do I believe I am a failure or a success? Why?

57. Do I believe I am an inferior human being? Why?

58. Was I bullied in school? How did it make me feel? Describe.

59. Did I believe in myself as a child? Or did I believe I was a loser? Why?

60. Did my “belief system” (how I see myself and the world around me) change from childhood to what it is today? If yes, how?

61. Do I believe I can be a sexually sober man as I apply the information I am learning? Why?

62. If I were a superhero, which superhero would I be? Why?

63. Do I believe in me? Why?

64. Do I believe in my vision? Why?

65. Do I believe I can achieve my dream? Why?

66. Does anyone I associate with believe in me? In my dream?

67. Do I believe in my potential? In my possibilities?

68. Do I believe I have greatness in me? Define greatness.

69. Do I believe I have greatness to offer? If yes, to who?

70. What does belief in myself mean to me?

71. Who believes in me? Who believes in my dream? (These people are my village)

72. How often do I think about my belief in the thing I want?

73. Do I have a vision board? How often do I look at my board? If not, make one.

74. Have I meditated on my vision? How do I meditate?

75. Can I see myself inside my vision and believe it is real?

76. Do I believe despite challenges, my dream can be achieved? Why?

77. Do I feel alone? If yes, what does it feel like?

78. Do I feel no one understands me and my vision? Do I need them to understand?

79. What beliefs am I sure of? Why?

80. Where have I succeeded in the past that started with a vision? Belief?

81. Will doubt get me anywhere closer to my dream and vision?

82. Which is stronger in me, doubt, or belief? Why?

83. Do I believe my life is supposed to be good and fulfilled? Why?

84. Do I believe life is fair? Why?

85. Do I believe life is easy? Why?

86. Do I want to change? Why?

87. Do I want to transform? Why?

88. What am I willing to do to transform my life? Describe.

89. Why do I want to change my life?

90. What is my purpose?

91. Do I fear I have no purpose? If yes, why?

92. Where have I been stuck at times?

93. Am I happy? Is it possible for me to be happy? How do I believe I can be happy?

94. Have I been active in my own transformation? Or stagnant?

95. Am I taking action to reach my goals? What actions am I taking?

96. Am I acting in ways that distance me from my goals? Why?

97. Do I have a plan for sexual sobriety? Describe.

98. Can I accept failing at times? If not, why?

99. Do I believe I am a winner or loser? Why?

100. How do I feel when I fail?

101. Do I feel like a failure?

102. Is it ok for me to fail sometimes?

103. What does failure teach me? List 3 lessons received from failure.

104. Can I learn from failure? How so?

105. What have I failed in my life and then gave up?

106. Have I ever failed and tried again? What was it?

107. Am I committed to success or failure? Why?

108. What do I want to do with my life? Why?

109. What story would I like to create for myself? Describe in detail.

110. What story do I want to tell my grandchildren or what legacy do I want to leave behind?

111. Am I motivated to finish what I start? If not, why?

112. Do I tend to leave commitments before I complete them?

113. Why do I quit before I complete projects?

114. How many commitments in my life have I not completed? What was in the way?

115. What is my pattern when I start projects?

116. What is faith as I see it?

117. What is a commitment as I see it?

118. Is my commitment to self or others negotiable?

119. Do I negotiate with commitments frequently?

- 120. Do I fear commitment? If yes, why?

- 121. What is the worst that could happen when I commit to a thing and stay committed?
regardless of if my feelings about it change.

- 122. What is a spiritual principle?

- 123. Do I have spiritual principles? What are they?

- 124. Do I daydream?

- 125. Do I have an imagination?

- 126. At what age was I when I was taught to stop daydreaming?

127. Do I think daydreaming is good or bad? Why?

128. Do I use my imagination frequently?

129. Do I fantasize about wonderful things in my future?

130. Do I fantasize about sex often? If yes, how often?

131. Do I believe I can achieve anything?

132. What do I have faith in? Describe.

133. Do I have a goals list? What are my goals for the next week?

134. Do I have a vision board? Have I ever had one?

135. Do I journal? If yes, how often? If not, why?

136. Am I practicing building my faith? What do I do to practice?

137. How can I build my faith?

138. What is my mindset? What do I focus on?

139. Do I have a positive or negative mindset?

140. Am I willing to change how I think and process information?
141. Is it possible I need to change my ideas and perceptions? How do I believe I can do this?
142. What type of story would be my life story up to this moment?
143. Do I want to create a new story?
144. What would it take to change my life story?
145. Is my life determined? Or is it in my hands?
146. Do I have faith?

147. What do I have faith in?

148. Why is faith needed?

149. Where has my faith taken me?

150. How does faith play a role in my life story?

151. How is my design for living working for me? Has living with active sex addiction brought me love and success, or pain and loss. How so?

152. How can I change my design for living? List 3 ways.

153. What can I do with what I have with where I am?

154. Do I have a mentor? If yes, who?

155. Do I associate with people who have what I want? If yes, who?

156. Can I learn about determination from my associations? How?

157. Who can teach me my new design for living? Am I ready?

158. Do I fear failure? Success? Why?

159. What will happen to me if I fail? Worst case scenario.

160. What will happen to me if I succeed?

161. What is faith?

162. Do I have faith in myself?

163. Am I a confident person?

164. Am I a failure?

165. Do I fear failure? What does it mean if I fail?

166. Am I afraid to change? Why?

167. Do I believe I need to transform my mind?

168. Do I believe I can do anything?

169. What are my mental and emotional limitations, if any?

170. Where do I have faith?

171. Where do I lack faith?

172. Why is faith important?

173. Do I associate with people who have faith?

174. Do I associate with people who have what I want?

175. What obstacles do I fear I cannot overcome?

176. Do I believe I can overcome challenges and difficulties?

177. What did I learn about faith so far in this course?

178. Where have I had faith that was destructive?

179. Where have I had faith that was constructive?

180. Is faith only positive? Negative? Or both? Describe.

181. How is my internal conversation?

182. How can I practice changing how I talk with myself?

183. What do I want to have faith in? List five areas.

184. How can I build my faith? Do I want to? Why?

185. Do I need to change my life story? Why?

186. Is determination easy?

187. Am I a determined person? How?

188. What is determination as I see it?

189. What does it take to be determined?

190. How do I make decisions? Describe.

191. Do I have a difficult time making decisions? Why?

192. What are my preferences in life? Look up the definition of preferences.

193. Do I like doing constructive or destructive things? Which ones?

194. How would someone who watched my life describe me?

195. What parts of my life was I the most determined?

196. What does it take for me to be determined?

197. Do I follow through on my commitments?

198. Do I do everything I say I will do? If not, why?

199. Do I quit often, or do I push through? Why?

200. Am I a committed person? Would my friends and family describe me as such?

201. Do I enjoy relationships? Can I commit to one person?

202. Does commitment scare me? Why?

- 203. When I am determined to act, do I frequently quit?

- 204. What am I determined to do with my life? Why?

- 205. What are the benefits of determination?

- 206. Is determination positive or negative?

- 207. What am I committed to?

- 208. What am I committed to doing for the rest of my life?

- 209. Why is commitment important?

210. Am I consistent? Describe.

211. Am I reliable? Describe.

212. How are my decision-making skills? How have they improved or diminished my life so far?

213. Do I tend to make healthy or unhealthy decisions?

214. How would I define the story I created for my life in one word? Then elaborate.

215. How is my mindset? Positive? Negative?

216. How is my internal dialogue?

217. Have I ever been committed to self-destructive situations? What are they?
218. Have I behaved in ways knowing it was not good for me? What were they?
219. Do I have a determined personality?
220. How are commitment and determination different?
221. Am I willing to do what it takes to change and transform? If no, why? If yes, what are you willing to do?
222. What does it mean for me to be courageous?
223. Am I courageous?

224. What is integrity? Do I have integrity? Define integrity.

225. What is dignity? Do I have dignity? Define dignity.

226. How would I describe the type of person I am today?

227. How would I describe the type of person I want to be?

228. Do I need to rebuild my life? Why?

229. Do I need a new design for living? Why?

230. What about the design for living I currently have is not working for me?

231. What am I determined to accomplish during and after this course?
232. What are my goals to have accomplished during the next 10 years?
233. How will I achieve those goals? What steps will I take?
234. Do I believe I can achieve anything positive? What?
235. Do I feel like something is wrong with me? My behavior? My mind? My actions? My thinking?
236. Do I feel like my life is unmanageable? If yes, what areas of my life are unmanageable?
237. Do my friends or family tell me I drink alcohol too much?

238. Do my friends or family tell me I am different when I drink?
239. Do my friends or family tell me I'm too loose sexually? Is my sexual behavior noticeable?
240. Do I feel like I do not fit in or I typically feel alone? Why?
241. I think that I am addicted to _____? List all behaviors and substances that are addictive.
242. Do I obsess? If yes, on what?
243. Do I feel anxious and/or stressed often for no reason?
244. Are my sexual behaviors out of control?

245. Do I do drugs frequently? Am I high on drugs frequently? If yes, what drugs?

246. Does my sex addiction, or other addictions, interfere with school or work?

247. Does drug addiction or alcoholism run in my family?

248. Do I hang out with people who have addictive personalities?

249. Am I lonely? Depressed? Isolated?

250. Do I feel wanted? Do I feel loved? Do I feel needed?

251. Do I laugh at parties, but I am sad inside?

252. Do I wear masks a lot, so no one sees the real me?

253. Do I drive drunk or intoxicated?

254. Do I spend all my money on booze, drugs, or sex?

255. Do I watch porn for hours and hours at a time? How many hours a day? Week?

256. Do I frequently “hunt” for sex, someone to date or fall in love with at places such as parks, sex clubs, and public places?

257. Do I fear I will be alone forever? What does it mean to be alone?

258. Do I feel detached from people? Places? Life?

259. Do I think of suicide? If yes, how often?

260. Have I prayed for change, yet it seems nothing changes? Give 5 examples.

261. Do I have more than one addiction? If yes, am I ashamed of them?

262. Am I addicted to pornography? Cruising? Sex? Dating? Food? Anything else?

263. What addiction(s) do I think I have other than what I already mentioned?

264. What area(s) of my life are unmanageable?

265. Does this course resonate with me? How?

266. How do I feel about going to a 12-step meeting?

267. Do I abuse substances?

268. What am I happy about?

269. Do I suffer from inferiority? Shame? Guilt?

270. What am I powerless over? Who am I powerless over? Write a list.

271. Do I think I might be an alcoholic?

272. What areas of my life do I have power?

273. Do I like to be in control of others?

274. Do I like to be in control of my environment?

275. What things do I obsess about?

276. What areas of my life am I compulsive?

277. What in this course resonates with me? List five.

278. How do I feel about asking for help? Why?

279. What does it say about me if I ask for help?

280. Do I believe I am a weak or a strong person?

281. What does it mean to admit I am an alcoholic?

282. Do I feel I am weak if I ask for help?

283. Do I need help? In what areas?

284. Are substances, relationships, or sex controlling my life?

285. Can I admit it I am out of control? If so, to who?

286. What am I powerless over in my life?

287. How do I feel when I lose a game, like chess for example?
288. Do I feel admitting defeat gives me strength or weakness?
289. Am I worried about my appearance?
290. What time of my day am I the most unmanageable? Example: most pornography addicts are most unmanageable at night using the computer before bed.
291. If areas of my life are unmanageable, why? What is the motivating reason for this?
Example: am I running from something? If yes, what?
292. Is there a common denominator with all my troubles? What is it?
293. Do most of my difficulties have alcohol in common?

294. Do I lie frequently? If yes, why?

295. Do I have a lot of secrets? If yes, why?

296. Do I behave in ways that I keep secret? If yes, why?

297. If I am an alcoholic, why do I continue drinking?

298. Am I afraid to stop drinking? Using drugs? Why?

299. What about my current lifestyle, do I fear changing?

300. Do I have someone I trust in my circle of friends?

301. What would happen if I stopped my compulsive sexual behaviors?
302. What would happen if I stopped using drugs or overeating (if this applies)?
303. If I were to be honest about myself, do I feel I can be open to being loved?
304. Am I a loving person? Do I deserve to be loved?
305. In what areas of my life am I powerless?
306. Do I have an addiction that I still have not written or talked about?
307. Do I recognize areas of my life that are unfulfilled? What areas?

308. What does it mean for me to admit my character defects?

309. Do I have character defects? Define character defects.

310. What are my character defects?

311. What are my character assets?

312. What is the difference between defects and assets?

313. Have I ever admitted I have a weakness? To whom? What happened?

314. What are my strengths?

315. How can my strengths help me ask for help?

316. Am I willing to do something about my addiction? What am I willing to do?

317. Am I a negative-minded person or a positive-minded person?

318. Am I addicted to negativity?

319. Do I love myself? What do I love about myself?

320. Am I my best friend? Why?

321. What areas of my life do I need help with?

322. Am I willing to do something about my destructive habits and addictions? Why?

323. Anyone in my family addicted or compulsive? Who? What are they?

324. Is my life constructive or destructive?

325. If I admit that I need help, will I feel weak or strong?

326. Am I tired of doing the same old thing day after day?

327. Am I ready for change and transformation?

328. What am I willing to do to change?

329. What does it mean for me to accept my addiction(s)?

330. Why is acceptance the answer to all my problems?

331. What does it mean to accept something about myself?

332. If I can admit I have an addiction, will I be able to accept it?

333. Have I accepted anything in my life that made me unhappy?

334. How do powerlessness and having acceptance relate?

335. Can I accept my weaknesses and character defects?

336. Can I accept my strengths and assets?

337. Can I accept where I am today? Why?

338. Can I accept the consequences of my choices?

339. Do I believe it is time for me to act for a change? Why now?

340. Do I believe it is time for me to take care of myself?

341. How do selfishness and self-interest differ?

342. What areas of my life do I want to change?

343. What are my goals for the next 3, 6, and 12 months?

344. What will happen to me if I go without sex for 30 days?

345. What do I fear today?

346. How do I feel right now?

347. Am I afraid to move forward? Why?

348. Is this journey exciting or intimidating? Why?

349. Am I glad to experience sexual sobriety? If not yet why am I looking forward to it?

350. Do I miss any addiction that I am sober from today? Why?

351. What payoff is my sex addiction giving me?

352. How does my sex addiction benefit me? List the benefits? If it hasn't benefited me, list how it hasn't.

353. How will my life be different from free from active sex addiction?

354. Was I shocked to learn that acting out sexually is a symptom of the real problem?

355. How do I feel that my thinking has been the problem?

356. Will I take responsibility for myself and change?

357. Am I excited or scared or both to transform my life?
358. What are my fears? List 5.
359. Do I believe or am I willing to believe in God or a Higher Power?
360. Am I ready to look in the mirror and start fixing me? Why?
361. Am I ok asking for help? Or do I have a difficult asking?
362. How do I feel when I ask for and receive help?
363. Do I want to be stronger than I am? Why?

364. How does asking for help keep me strong?

365. Do I isolate? Why? Does isolating benefit me?

366. Am I ready to discover my potential?

367. What level of acceptance do I have that I am sex addicted?

368. Do I want to move forward? If not, will I anyway? What does it mean to take the body and the mind will follow?

369. Am I excited that my life is about to change and improve?

370. Am I thankful the misery is ending, and I can finally live as a thriving individual?

371. Am I excited to finally meet me for the first time in my life? Why?

372. Do I want to be a happy, fulfilled person? Why?

373. Do I want to be an improved version of myself? Why?

374. Do I want to laugh for real from deep within? Why?

375. Do I want to look people in the eyes and feel proud? What will that feel like?

376. Do I want to be free from shame, guilt, and self-loathing? How will that feel?

377. Do I meditate? How?

378. Do I pray? How? To whom?

379. What do I do for peace and quiet? Describe.

380. Do I believe in a Higher Power in the Universe?

381. Where do I find the most peace? Example: Beach? Park? Ocean?

382. Do I talk negatively to myself? Frequently? Sometimes? How does it feel?

383. Am I judgmental of myself? Do I often put myself down? Why?

384. How do I feel when I am waiting in traffic?

385. Do I complain often?

386. Do I love or hate my job?

387. Am I frequently stressed? If yes, about what exactly?

388. Do I like, love, or hate my body? What about it?

389. What do I love about myself? Hate about myself?

390. Am I a social person or isolated?

391. Am I happy? Are there areas of my life where I am not happy?

392. Am I willing to pray? Ask for help?

393. Am I a religious or spiritual person? What do I believe?

394. Can I see how living in active sex addiction no way is to live? Why not?

395. Am I done living with chaos? Why?

396. What am I grateful for? List 10.

397. Do I believe in a power greater than myself?

398. What is that power?

399. Do I feel connected to the Universe? God? If yes, how? If now, why not?

400. Am I ready for a change? Why?

401. Do I have peace and serenity right now?

402. What actions must I take for peace?

403. What do I enjoy about nature?

404. What activities bring me peace?

405. Am I responsible for where I am today?

406. Do I take full responsibility for myself or blame others?

407. How does it feel to have sex addiction? Describe.

408. Am I happy? Angry? Sad? Lonely? Depressed?

409. Am I fulfilled? Peaceful? Serene?

410. Do I know someone who has what I want?

411. Am I willing to ask for help and guidance?

412. Do I have any resentments? If yes, what are they? List up to 20.

413. Do I have a God Box? What is a God Box?

414. What are the fears that have blocked me from happiness?

415. Why am I not where I want to be?

416. Can I embrace my sex addiction? What does it mean to embrace it?

417. Am I a religious or a spiritual person? Am I open-minded to new experiences?

418. What does it mean to be spiritual?

419. Am I grateful to be on this journey?

420. Am I ok as I am?

421. What does it mean to be religious?

422. Why must I live on a spiritual plane? What are the benefits?

423. What are the benefits of spirituality?

424. Do I feel connected to God? People? The Universe?

425. What does it mean to be peaceful?

426. What is the Serenity Prayer?

427. How do I emotionally feel about my past in one word? Then describe.

428. Do I regret the past? Why?

429. Do I hold onto resentments? Guilt? Anger? What are they?

430. What does it mean to be doing the Will of God?

431. How do I know if I am doing the “right” thing?

432. Who am I? Bullet point 10 qualities of who I am.

433. What do I stand for?

434. What are my Character Defects?

435. What is a Spiritual Principle?

436. Have I read the Bible? Why?

437. How do I define the Bible?

438. How do I know if my “vibration” aligns with the Universe?

439. How would I describe myself in three words?

440. What do I want out of my life?

- 441. How do I get what I want out of my life?
- 442. What qualities do I want in my life partner?
- 443. Would I categorize myself as a gossip, judge, or critic? Why?
- 444. Do I complain often? About what?
- 445. Would I categorize myself as a negative or positive person? Why?
- 446. How would my friends/family describe me? (Ask them.)
- 447. How do I describe myself?

448. Why does changing and transforming matter to me? Why does this course matter to me?

449. Do I have gratitude?

450. Which Phase of recovery and transformation am I living in today?

451. Am I ready to move forward?

452. Am I a spiritual person?

453. Have I found peace in my life? If yes, how do I get it?

454. What do I have to do for serenity?

455. What do I want out of life? Describe.

456. What areas of my life need improvement?

457. Am I connected to the Universe? God

458. What do I fear?

459. What is faith?

460. Do I have faith the Universe/God will take care of me?

461. Why will I complete this 10-week course?

462. What 10 points in this course have resonated with me so far?

463. What are my goals during the next four weeks?

464. What goals did I commit to when I started this course?

465. How can I commit to them? List 3 strategies.

466. Who am I responsible for first? Why?

467. What does it mean for me to be self-interested?

468. In what ways will I meditate!

469. How will I be peaceful!

470. How will I learn to be serene!

471. Do I lie to myself? (Denial)

472. Do I believe I am worthy?

473. Do I believe I am valuable?

474. Do I believe I deserve happiness? Why?

475. Do I believe anything is possible for me? Why?

476. Do I believe life is good? Describe.

477. Do I believe I have greatness in me?

478. Do I believe I am a champion?

479. Do I believe I can do anything if I put my mind to it?

480. Do I believe I fit in with the world around me? Why?

481. Do I believe people like me? Why?

482. Do I believe I am mentally and spiritually attractive? How?

483. Do I believe I can do better?

484. Do I believe I am a winner? Why?

485. Do I believe a healthy relationship is possible for me?

486. Do I believe if someone really knew me, I would be loved or despised? Why?

487. Do I trust my partner would love me if he knew my secrets?

488. Do I carry guilt and shame?

489. Do I feel like I do not fit in with others but pretend to?

490. Do I wear masks in my daily life?

491. Do I want people to like me? Why? What happens if people don't like me?

492. Do I want someone to love me? Do I believe I am loveable?

493. Do I feel lonely often?

494. Do I believe I can stop sexting, smoking, drinking, and/or drugging? How will I stop?

495. Do I believe I can earn more money or get a better job?

496. Do I believe life stinks, people stink, and the world stinks?

497. Do I believe success is possible for me?

498. Do I believe I am a worthy person?

499. Do I believe I may have been lying to myself about my sex addiction, or other addictions?

500. Do I believe I can change?

501. Do I believe it's possible my life can improve? How will that happen?

502. Do I think it's possible I can change my inner conversation? How will I do that?

503. Do I believe it's possible I am a champion? What does it mean to be a champion?

504. Do I believe it's possible I have power in my life? What am I powerful of?

505. Do I believe it's possible for me to be happy?

506. Do I believe I can have a healthy loving relationship with another man?

507. Do I believe it's possible to remove the masks and be OK?

508. Do I desire happiness? Describe.

509. Do I desire joy? Describe.

510. Do I desire self-confidence? Describe.

511. Do I desire more out of my life? List 10 improvements.

512. Is possible the world doesn't need changing, but I do?

513. Is it possible I don't need to "fit in" but need to "fit me?"

514. Do I think it's possible the lies I believed before today no longer need to taunt me?

515. How would I define my friends?

516. Are the people I associate with successful? Who?

517. Do I associate with people who complain often? Who?

518. Do I hang out with people in unhealthy relationships? Who?

519. Do I associate with people who often complain? Who?

520. Do I associate with people who have what I do not want? Who?

521. Do I associate with people who have what I want? Who?

522. Are the people I surround myself with honest and truthful? Who?

523. Do my associations have my best interest in mind? Who?

524. Do I associate with people who have a zeal for life? Who?

525. Do I have a circle of friends who are positive-minded? Who?

526. Do I feel I can trust those who are close to me? Who?

527. Do I associate with people who suck the life out of me? Who?

528. Do I consider myself needy? How?

529. Do I hang out with needy people? Who?

530. Do I feel lonely when I am alone? If yes, how long have I felt this way?

531. What positive, constructive activities do I practice?

532. Do I associate closely with someone I do not trust? Why? Who?

533. Do my associations take away my peace and serenity? Who?

534. Do I associate with people with whom I feel uncomfortable? Who?

535. Do I hang around people who I am wanting to like me but don't? Who? Why?

536. Do I hang out with people who I know don't like me? Who? Why?

537. Do I pretend to be something I'm not to fit in? Describe.

538. Do I fit in with the people I associate with? Who?

539. Do I believe I can change my circle of friends? How?

540. Who do I need to distance myself from to gain peace?

541. Am I willing to change and attract positive people? Why?

542. Do I befriend people who do not have my best interest? Why? Who?

543. Do I see how my associations limit my life growth?

544. Do I need to make changes with my associations?

545. Who do I need to distance myself from?

546. Do my “friends” negatively influence my morals and values? Who?

547. Do I have “friends” who use me as the butt of jokes?

548. Who are some of my “friends” that I must distance myself from?

549. Am I afraid of being alone? If yes, why?

550. Do I hang out with people I do not like so I can fit in? Why?

551. Am I in a relationship with a negative person? Why?

552. Do I feel unable to escape negative people?

553. Is my relationship taking away my laughter and joy? If yes, how?

554. Do I want friends who I can be who I really am with?

555. Am I willing to rebuild my associations?

556. Will I create an army of positive people around me?
557. What do I watch on television?
558. What type of movies do I watch regularly?
559. Do I watch the news a lot? How do I think this affects me?
560. Does what I watch influence my sleep and moods? How?
561. Am I aware how I feel during horror movies? Love stories? Describe the difference.
562. What type of books am I reading?

563. How many books have I read this month?

564. Do I watch the news before bed? First thing in the morning?

565. Have I read life-enhancing books? Which ones? If not, am I willing to?

566. How aware am I of what I watch and read?

567. Do I believe what I watch and read influences my perceptions, thinking, and feelings?

568. Do I see the world as a dangerous place or a safe place?

569. How do I feel when I read books that broaden my mind?

570. Do I take online courses for career advancement? Why?

571. Am I reading material that makes me a better person? Why?

572. Have I researched anything interesting recently? Describe.

573. Do I watch and read stressful material or peaceful material?

574. Are peaceful movies and books boring or life-enhancing?

575. Is my brain influenced by the information I watch?

576. How is my brain “sponge-like” with regards to learning?

577. Do I believe what I watch influences my mood?

578. Do I believe my brain is influenced by what I read?

579. Do I notice a pattern in my life by what I watch and read? Describe the pattern.

580. Will I begin reading books that will positively influence me? Ideas of book titles? (*Think and Grow Rich* and *The Secret* are a must!)

581. Am I interested in changing what I watch and read? Why?

582. Do I trust the process of change by changing me?

583. Do I believe there is a champion in me? What does he look like?

584. Will my inner dialogue change if I change my associations? Why?

585. Will my inner dialogue change by what I watch and read? Why?

586. Do I understand how important my thinking is? Why?

587. Do I recognize the power outside influences have on me? How?

588. Am I excited about change, or do I feel overwhelmed?

589. Do I realize I can make changes one day at a time and not all at once?

590. Is what I am doing in line with my wanting?

591. Do I do the things I say I am going to do? (Integrity)
592. Do I do the things that make me better, or am I a dreamer?
593. Do I act in ways that show my true character?
594. Am I a follower, a leader, or an equal? In what ways?
595. Do I tell myself I am too tired and too old to change?
596. Do I force myself to act even when I feel lazy?
597. Do I avoid doing things because I feel like I will fail?

598. Have I followed through on my self-promises? Which ones?

599. Are my actions constructive or destructive? Describe.

600. Do I do things that build me up? Give examples?

601. Do I hold most chores or decisions for tomorrow or get them done today?

602. Am I a Tomorrow Person?

603. Do I say yes or no to food I know is unhealthy to me?

604. What am I doing with my life daily that improves my character?

605. Are my actions in line with my dreams?

606. How am I living financially?

607. Am I self-nurturing or self-abusing?

608. Do I exercise? If yes, how often? If not, why not?

609. Which do I eat more often, healthy, or unhealthy food?

610. Am I overweight and continue eating unhealthy food? Why?

611. Do I want to go to the gym but have not decided yet? Why not?

612. Do I exercise my yes or no muscles? (Mental power)

613. How would I rate my overall mental self-control muscle?

614. Do I see a pattern in my life? What is that pattern?

615. Am I getting what I want out of life?

616. Does my mirror reflection say, "You're doing your best?"

617. Do I think there is more in me than I am giving? If yes, why am I holding back?

618. Do I want more out of my life? Make a list of 5.

619. Do I have dreams, ideas, and hopes on the back burner? List 5 of them.

620. Have I compromised my own values for laziness? Why?

621. Do I feel bored with life? Do I ever think that maybe I'm boring?

622. Do I want to bring excitement into my life? What excitement do I want?

623. Am I a Volunteer Victim or a Volunteer Champion?

624. Do I think it's possible that life has more to give me?

625. Am I a pessimist or an optimist?

626. Where do I see myself in 2 months? 6 months? 2 years?

627. Do I have a vision board? Where is my goal list?

628. Do I write down my goals daily? Do I have a goals list? I am committed to writing goals list every morning and reading it in the afternoon and before bed.

629. Do I have money in the bank? A credit card? If not, why?

630. Am I in charge of my life?

631. Do I see more for myself than where I am now? What more do I want?

632. Do I see where I lie to myself?

633. Where am I taking my body today?

634. Am I a BUT or WHEN person? Am I a dreamer?

635. Am I willing to forge ahead under any circumstance?

636. If I am waiting, what am I waiting for?

637. Do I believe it is time to change and transform now? Why?

638. Am I my best friend?

639. Do I hit the snooze button more than 3x in the morning?

640. Do I have difficulty sitting still?

641. Do I have self-control? If yes, in what areas? If not, in what areas?

642. When I am in a quiet room, do I have to say something?

643. Do I feel uncomfortable when I am quiet?

644. Do I invest in time alone through the day?

645. Do I go for walks by myself? If yes, how does it feel? If not, why?

646. Do I listen to the birds? Wind? Feel the sun on my skin? How does it feel? If not, why?

647. Do I get quiet when I'm with myself?

648. Do I sit by the water by myself to simply be present?

649. Who is my greatest advocate?

650. Who is my biggest supporter?

651. Do I get quiet and simply listen in the morning or evening? Can I just be present when I wake up or at night before bed?

652. Am I lonely when I am alone?

653. Do I know how to meditate? Have I tried? How?

654. Do I think meditation is difficult?

655. What happens to my thoughts when I get quiet? Describe.

656. Do I have difficulty sleeping? Difficulty waking?

657. Does my body ache first thing in the morning?

658. Do I eat slowly or quickly? Do I eat with awareness? Do I taste my food?

659. Do I go through my day with awareness or like a robot, go through the motions?
660. Do I drink a lot of water? How much daily?
661. Do I enjoy nature? What in nature do I find relaxing?
662. Am I willing to be patient with myself?
663. Do I believe meditation and peace are possible for me?
664. Do I believe I deserve peace and serenity?
665. Am I willing to do what it takes to be peaceful and happy? What am I willing to do?

666. Will I practice meditation daily? Weekly? Why?

667. Am I determined to succeed? Why?

668. Is it possible for me to have what others have?

669. Am I willing to continue learning, growing, and improving?

670. Do I believe in God or a Greater Power than me?

671. Do I want to be my best friend?

672. Am I willing to love myself? Be my greatest supporter?

673. Am I willing to be quiet and listen, be persistent, and seek out a better self?

674. What are the 5 keys to life transformation and a new mind?

675. Do I believe I need to transform and change?

676. Do I believe and not doubt? If I doubt, will I do what's needed anyway?

677. Will I ask for help when I need it? Why?

678. Do I find it difficult to forgive others? Why?

679. Am I hung up on resentments and anger? To whom? Why?

680. What am I unable to forgive for myself? Why?

681. How does holding resentments against others benefit me?

682. Does it hurt other people when I am resentful?

683. What do I believe is the purpose of forgiveness?

684. Why am I unable to forgive myself for my mistakes and poor choices?

685. What would happen if I forgave myself for everything?

686. What would happen if I forgave everyone?

687. Have I ever asked someone to forgive me? Who? For what?

688. How did I feel when they forgave me? When they did not?

689. How can I forgive myself?

690. Why should I forgive myself? What are the benefits?

691. What benefits do I receive holding a grudge against myself?

692. Have I ever been forgiven? Was I deserving of forgiveness?

693. What makes someone deserve forgiveness?

694. Can I forgive and let go of that one thing I hold on to about myself? Why?

695. Why am I still holding on to that grudge?

696. How do I let it all go? If I don't know, how would I if I did know how?

697. Why should I forgive him for what he did to me?

698. Why am I holding resentments?

699. What are the benefits of forgiving him?

700. What are the benefits of forgiving myself?

701. If I hold onto this grudge, what is my payoff?

702. All these years holding on to the anger has given me what?

703. Am I tired of feeling this way? Why?

704. Am I tired of holding a self-resentment against myself? Why?

705. Am I different today than who I was? How?

706. Am I willing to admit where I have been wrong? How does this feel?

707. Am I willing to make amends for myself? To others?

708. What does it mean to make an amend?

709. Why do I want to be angry with him?

710. Can I let go of the hurt caused me?

711. Am I willing to surrender my pain to God and move on?

712. What am I grateful for? Make a list of 10.

713. What are the benefits when I am grateful?

714. Where in my life am I ungrateful?

715. What am I grateful for? Do I take my life for granted?

716. Why have I been ungrateful?
717. What does it mean to have an attitude of gratitude?
718. Do I know anyone who always seems grateful? Who?
719. Do I feel like living a life with gratitude is a strength? How?
720. How will gratitude bring me closer to my goals?
721. When was the last time I felt grateful? Describe.
722. Am I grateful for my material possessions? Career? Family?

723. What is the opposite of gratitude?

724. On a scale from misery to gratitude 1 - 10, where am I?

725. What could I be grateful for?

726. How do I express gratitude?

727. How do I feel when I ponder with gratitude?

728. Is gratitude a gift? Why?

729. What does it mean to have an attitude of gratitude?

730. Do I have gratitude for my life?

731. What exactly am I grateful for?

732. How will gratitude benefit me?

733. What are three things I am grateful for right now?

734. Will my life have more meaning if I have gratitude?

735. What is the meaning of gratitude?

736. What have others done for me, which I am grateful for?

737. What stressor am I grateful I have put behind me this year?

738. Am I grateful for the heartache I endured last year? Why?

739. How do the heartaches of my childhood benefit me?

740. How can I use what I survived in my life to benefit others?

741. If I practice gratitude, do I believe I will be happier?

742. In what ways can I express gratitude?

743. How can I guide others to have gratitude?

744. In what ways do I self-nurture?

745. Do I tend to help others and neglect myself? How?

746. Do I feel selfish when I self-nurture? How?

747. What are the benefits of self-nurture?

748. Do I feel guilty when I take care of myself? Why?

749. Do I believe I am too giving or generous? How?

750. Do people take advantage of me? How?

751. How do I feel when others take advantage of me?

752. Do I stand up for myself when another person walks on me? Why?

753. Do I say "I'm Sorry" often?

754. How would I rate my eating habits?

755. How would I rate my fitness level?

756. How would I rate my exercise regimen?

757. How often do I go for a jog in the sun and fresh air?

758. How often do I go to the gym?

759. How many “diets” have I tried?

760. How often do I get manicures?

761. How often do I get haircuts?

762. How often do I floss?

763. When was the last time I bought myself something?

764. Am I a happy person?

765. Do I feel grateful?

766. What do I meditate about?

767. How would I rate my optimism?

768. What do I think about often?

769. Do I take responsibility for my life? How?

770. In what ways can I improve my thinking?

771. What do I have today that I prayed for 5 years ago?

772. What is out of my life today that I prayed for to be gone?

773. What are 3 things in my life I realize I take for granted?

774. Why do I believe being grateful is good for me?

775. How do I talk about myself within myself?

776. What have I done this month to take care of myself?

777. Do I allow others to abuse me verbally? Why? How do I feel?

778. Do I fear confrontation? Why?

779. Do I say no and hold firm to it? Do I stick with my boundaries? Why?

780. Do I say yes to please others at the sacrifice of myself? Why?

781. Do I allow others to hurt me and say nothing? Why?

782. Am I willing to burn a bridge to defend myself? Why?

783. In what ways will I begin nurturing myself?

784. What are 5 self-nurturing activities I will do for myself this month?

785. Am I willing to meditate on what I am grateful for?

786. Am I willing to write a new gratitude list every night?

787. Do I find it difficult to accept myself? Why?

788. Can I accept what happened to me as a child? Why?

789. Do I judge people or accept them for who they are? Why?

790. Am I comfortable with constructive criticism? Why?

791. Do I accept my friend for who he is?

792. Do I accept my boyfriend for who he is?

793. Can I accept the challenges I face daily? Why?

794. What is one area of my life I am unable to accept? Why?

795. Do I believe acceptance is healthy?

796. What does it mean for me to accept things as they are?

797. Do I accept that I have failed at times?

798. What does it mean when I fail?

799. Would I rather fail or succeed? Why?

800. What are the benefits of failure?

801. What will I never accept in my life? Why?

802. Why do I accept people in my life who hurt me?

803. Why do I accept a life of mediocrity?

804. Can I accept myself unconditionally?

805. Can I accept something whether I prefer it or not?

806. Can I accept the truth about myself?

807. Am I willing to change?

808. How will acceptance benefit me?

809. How will letting go of judgment improve my life?

810. Do I have a pattern of judging others harshly? Myself? Why?

811. Can I accept others for who they are and what they believe?

812. Do I feel I am right all the time?

813. Am I open to respecting another person's perspective?

814. Do I forgive others, or do I hold grudges? Why?

815. How can acceptance improve my relationships?

816. Do I accept my imperfections?

817. Am I a perfectionist?

818. How do I feel about failure?

819. How do I judge others who fail? Why?

820. How do I judge myself when I fail? Why?

821. Do I feel guilty about anything? What? Why?

822. Where in my life can I be more forgiving and accepting?

823. Why is it difficult for me to accept myself?

824. Am I willing to do what it takes to accept who I am?

825. Do I feel I am lovable despite my imperfections?

826. Am I willing to do what it takes for self-mastery?

827. Am I willing to do what it takes for self-acceptance?

NOTES