

# 101 Questions To Transform Your Life

This process is so powerful. Take your time and answer each question completely and honestly. You don't have to rush through it. This should be a positive and empowering experience. Your life and happiness are important! This exercise will "jump start" your personal growth and help you create a life you love.

- What makes you happy?
- What important goals have you been putting off?
- What kind of life do you dream of?
- Are you happy with your current work/career?
- Do you take a vacation at least once a year?
- Do you spend time and effort on your personal growth?
- What are three things you love about your life?
- What inspires you?
- What are your strengths/skills/talents?
- Do you take care of yourself? Treat yourself?
- When was the last time you did something exciting?
- What small thing can you do every day to work towards your big dream?
- What habits do you want to let go of?
- What healthy habits do you want to adopt?

- When do you feel most motivated? Energized?
- Who are you?
- What does your highest self look like?
- What important lessons have you learned in life?
- Are you putting any part of your life on hold?
- What five people do you spend most of your time with? Do they have a positive or negative impact on your life?
- Are you willing to put the effort into your personal development?
- Where do you want to be in one year? Five years? Ten?
- Do you put effort in to your relationships?
- Do you celebrate special occasions? Achievements? Major life events?
- What new things do you want to try?
- Does your home feel safe? Comfortable? Relaxing?
- Is your home organized and clean?
- What hobbies do you want to try?
- What do you do to relax?
- What struggles have you faced in life that you were able to overcome? What strengths/characteristics did you use?
- Are there things you know for sure you should let go of? What is stopping you?
- Do you put everyone's needs before your own?
- What is the first project you want to start focusing on?

- How much fun do you have? (Use a scale of 1-10)
- What do you consider fun?
- What insecurities do you have that hold you back?
- Do you have any habits that are harmful to your health?
- Do you have purpose/meaning in your life?
- Do you have any friends you want to reach out to? Relatives?
- Have you ever learned about your ancestry? Are you interested in doing so?
- What is your stress level on a scale from 1-10?(one=almost no stress/ten=extremely stressed)
- What stress relief techniques have you wanted to try but never got around to?
- What causes you stress? Can you eliminate these sources of stress?
- Do you take care of your skin? Hair? Teeth?
- What drives you?
- What can you start doing today to benefit your personal growth and development?
- If this was the last day of your life, would you have any regrets?
- How would you describe yourself in five words? How about just one word?
- What are your top five priorities?
- What do you want to create more of in your life?

- What emotions/feelings do you want to feel every day?  
Emotions/feelings you want to avoid or eliminate?
- Do you have a creative outlet?
- Have you taken a road trip in the past few years? Where would you go if you did?
- Can you try something new today?
- When do you feel most confident?
- Do you practice meditation? If so, how often? If not, would you be open to it?
- Do you save money consistently?
- What tasks do you usually procrastinate on?
- What would you do if you had unlimited funds?
- What would the people closest to you say the best thing about you is?
- What kind of friend are you?
- How can you make your home environment more peaceful and relaxing?
- Do you utilize your skills/talents/strengths daily? How?
- Are there any toxic relationships you should let go of?
- How can you pamper yourself more?
- Are you involved in any groups that interest you?
- Do you plan to travel? Where are you going?

- How much time can you devote each day to personal development?
- How devoted/committed are you to your personal growth?
- What new skills/knowledge could you benefit from?
- What is the next step for your career?
- What does your perfect day look like?
- Do you have a support system? Who?
- What is your favorite food? When did you have it last?
- How would you describe the last few years of your life?
- Are you actually happy right now? Pumped about your life?
- Who depends on you?
- Could fear be stopping you from living your best life? What fears?
- How can you “shake things up”  
in your life?
  
- What element of your wellness needs the most improvement?  
How will you feel when you restore balance to this part of your  
life?
- What negative things do you say to yourself? What positive self-  
talk can you replace them with?
- Can you make more of an effort to focus on the present? Enjoy  
the moment? Focus on what is in front of you?
- Are you bored with your life?

- When was the last time you watched the sun rise?
- Do you love the city you live in?
- What is your city known for? When can you take a day to explore and get to know your city better?
- How can you be more generous?(not just with money but with time, kind words, a helping hand)
- Have you ever done any volunteer work? Are you willing to try it/do it again?
- What is one of your favorite memories?
- What are your main values?
- Are you following the crowd or listening to your heart and intuition?
- If you could give your teenage self one piece of advice, what would it be? How about your self from 3 years ago?
- Are you a pleasant person to be around?
- Are you being completely honest with yourself?
- What can your new life “mission statement” be?
- Do you learn from your failures or let them defeat you?
- Do you feel more empowered to live your best life after completing the questions in this exercise? Do you understand the importance of self-awareness and self-discovery a bit better now?
- What are you thinking about right now?

- What is the most important thing you are taking from this exercise? How are you going to apply it to your life?
- Does it feel exciting to be on a path of growth and discovery?

After completing this exercise you are probably pumped about your personal growth! Now you have to keep that momentum going. Tap into that inner goddess! You are powerful, beautiful and unstoppable! You are capable of bringing your dreams to life and making a huge impact on the world around you. From this day on all you have to do is continue to learn and grow each day.