

ASK Yourself & Start the Discovery



1. What three words describe me best?
2. What are the important things in my life?
3. What values are important to me?
4. What does my ideal life look like?
5. What is my biggest regret?
6. What are my favorite memories?
7. What makes those memories so good?
8. What is holding me back in life right now?
9. What is my biggest strength?
10. What allowed me to reach this far in life?
 11. What makes a life good?
 12. Am I happy with my life?
13. What do I admire about myself?
14. When am I most happy?
15. Do I like the person that I am today?