



A Fear Of Missing Out & Other Crimes & Misdemeanours –
Here's Six Questions You Should Ask Yourself Every Day

- *Did I work towards my goals today?*
- *What bad habits do I need to stop today?*
- *What motivated me today?*
- *Have I been the kind of person I want to be today?*
- *What mistakes did I make today and what can I learn from them?*
- *What am I grateful for today?*