

Reflection Questions

1. Where am I today? What parts of your life are working? Which are neglected?
2. What has helped me change before? What helped you make progress...how did you come back from a personal/professional setback...how were you successful in something that challenged you?
3. How do I get out of my own way?
4. What is my driving force - my "WHY"?? To find this ask yourself these 3 questions:
 - i. What did I find fulfilling?
 - ii. What made me laugh?
 - iii. What made me cry?
5. What is my best habit?
6. What is my worst habit?
7. What was my biggest lesson?
8. What was my biggest accomplishment?

With the answer, start to make a list of:

What should I KEEP doing?

What should I STOP doing?

What should I START doing?