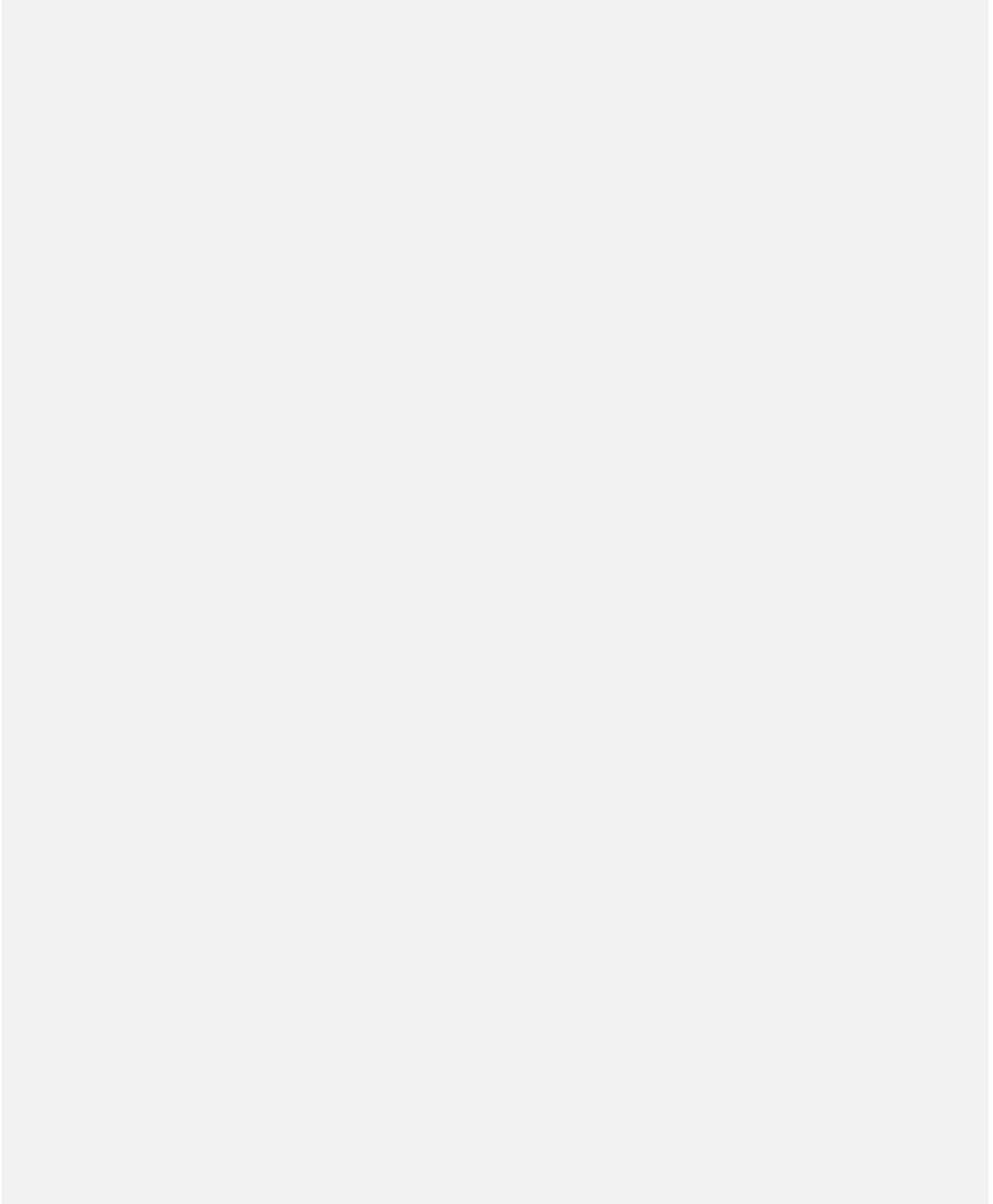


REVISITING THE PAST

Did you enjoy your childhood?

If yes, what were your favorite moments?

If no, what were your least favorite moments?



EXPLORING YOUR BELIEFS

Pick a topic: career, family, children, society, or faith.

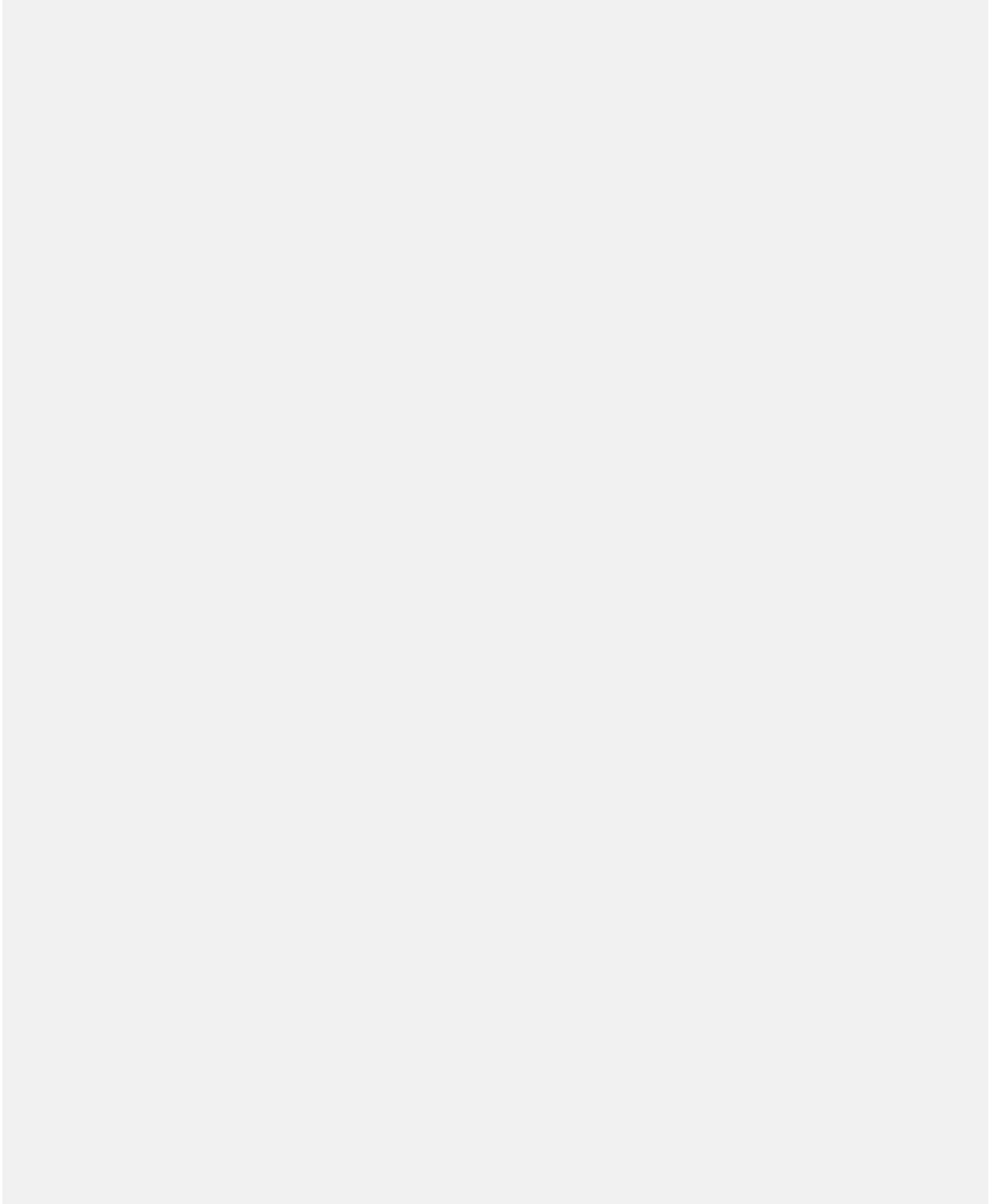
What are your beliefs about the topic you chose?

Who or what first taught you about what you believe?

FINDING YOUR INSPIRATION

Who inspires you the most and why?

(This can be a historical figure or a personal role model.)

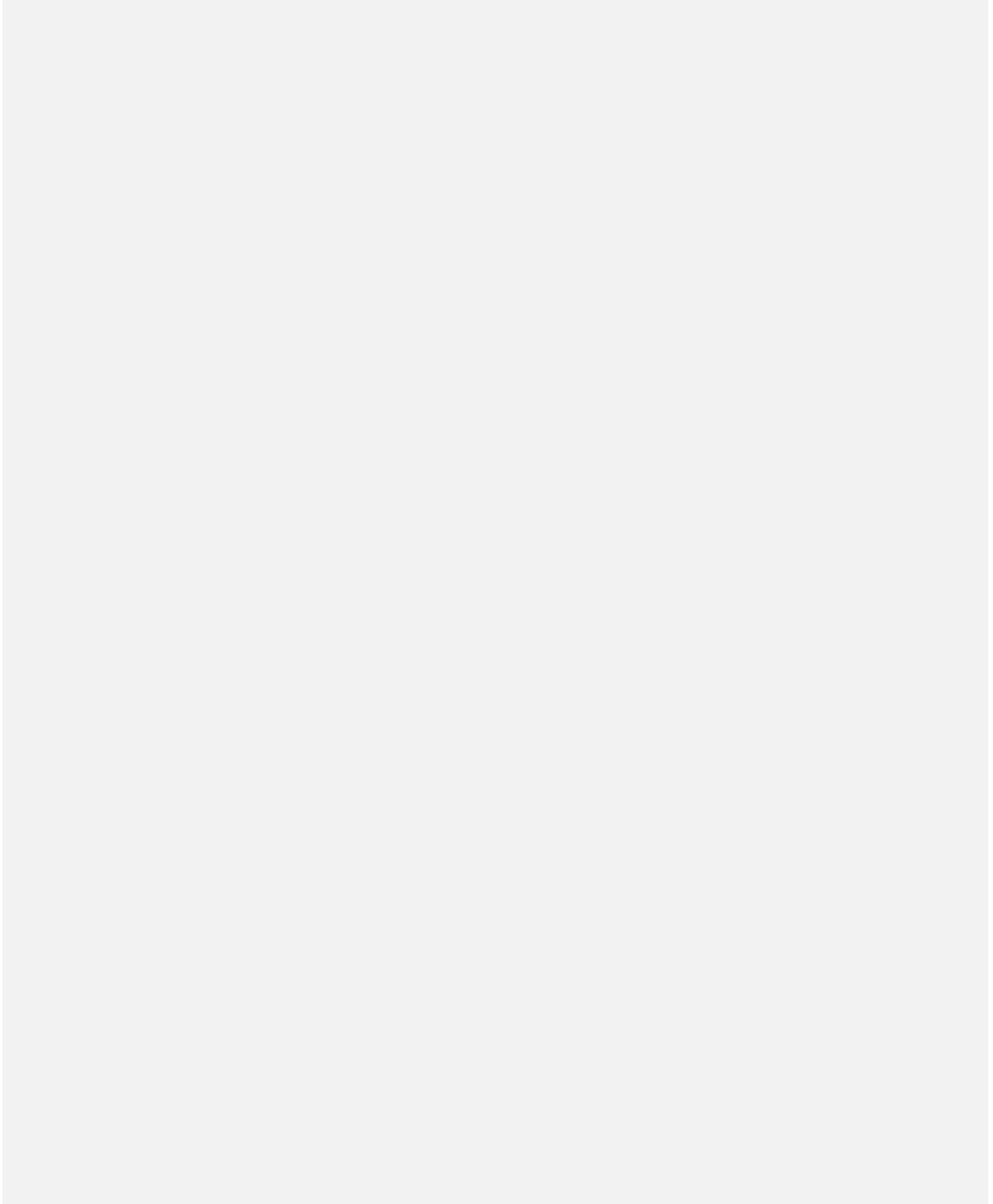


CHASING CREATIVITY

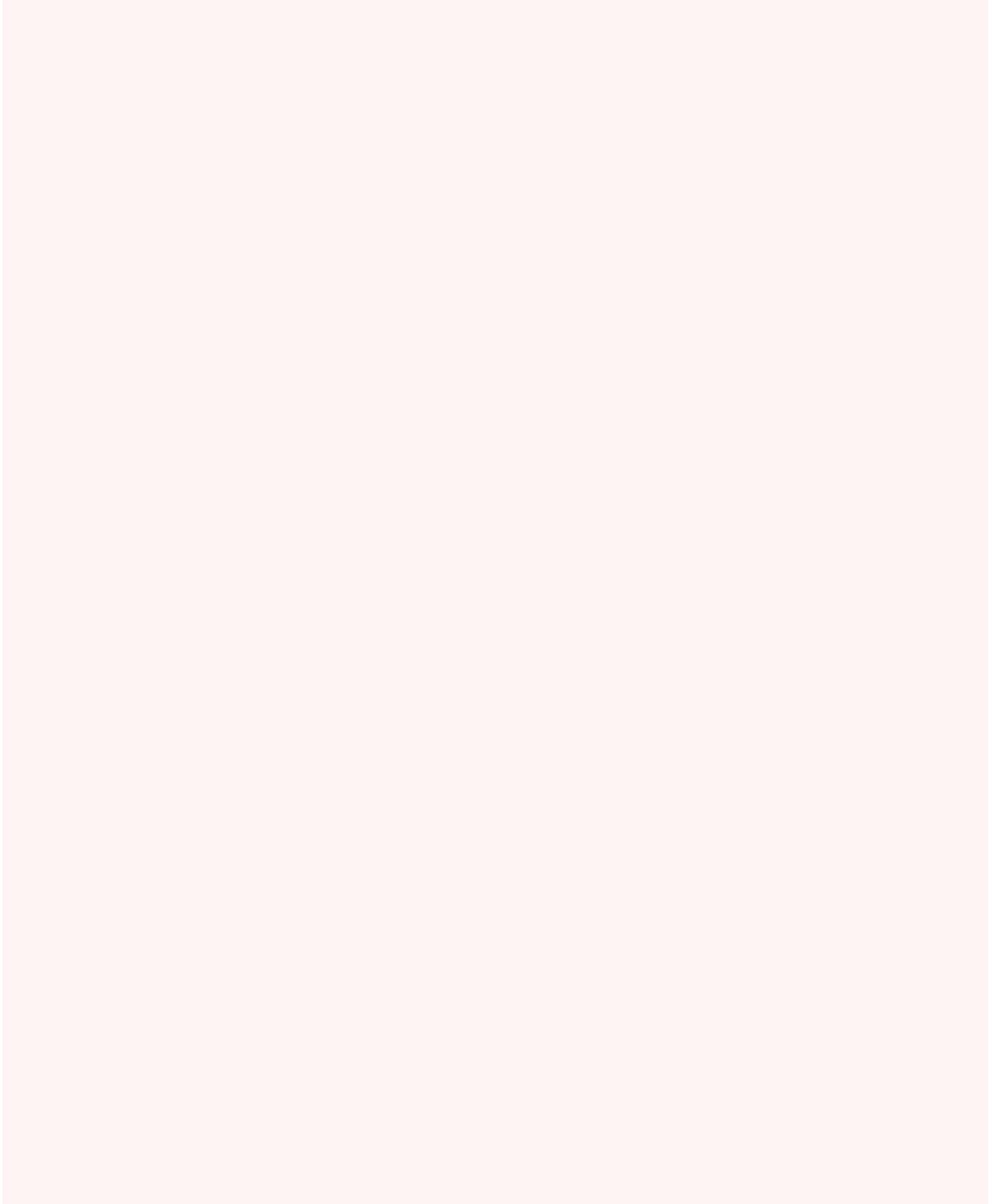
Do you have any hobbies?

If yes, what activities do you enjoy doing and why?

If no, what activities would you like to start doing and why?



Do you have any bad habits you would like to break?
If yes, why do you find it difficult to change?

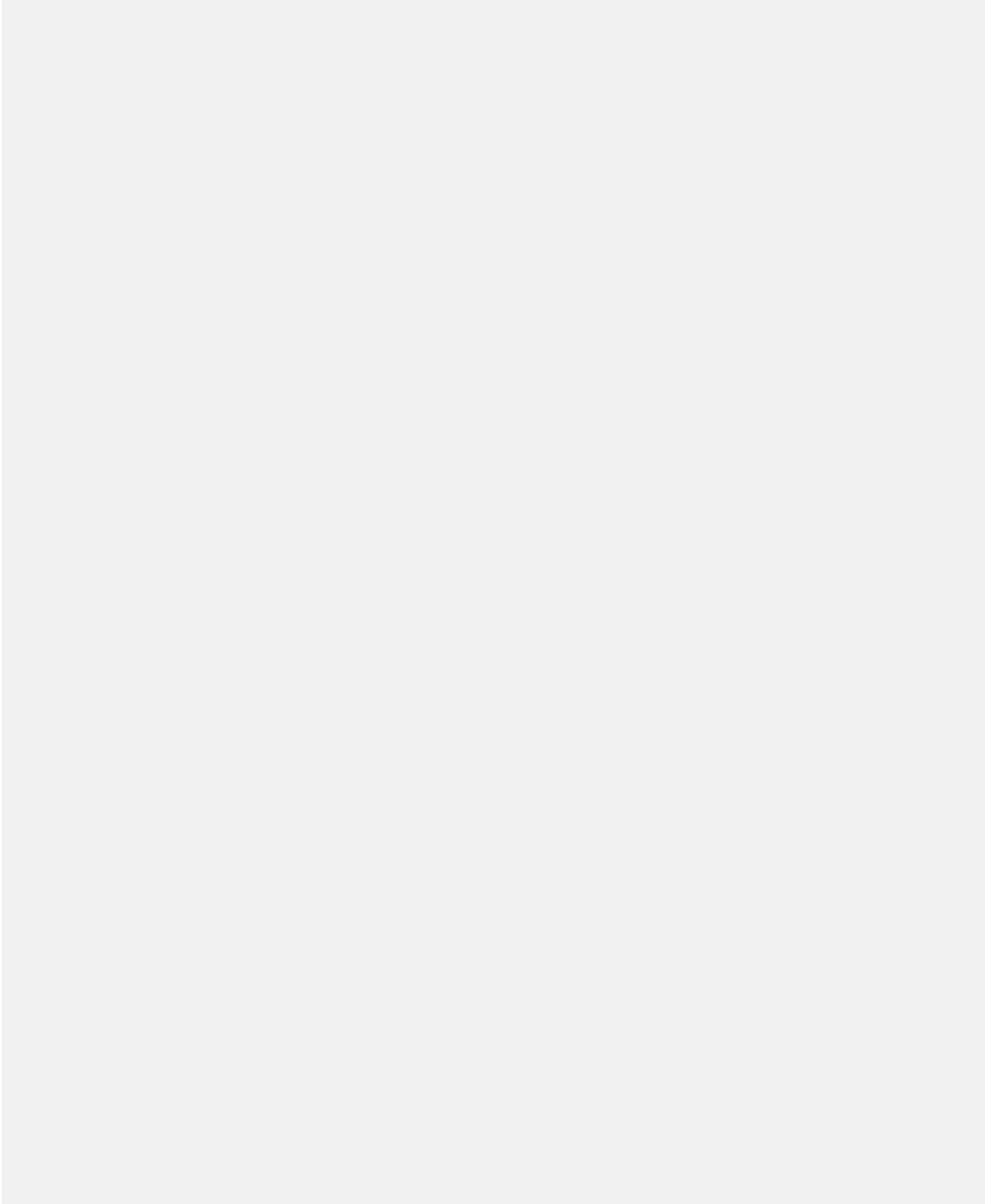


HEALTH & HAPPINESS

Are you happy with your life?

If yes, what are your greatest sources of joy and strength?

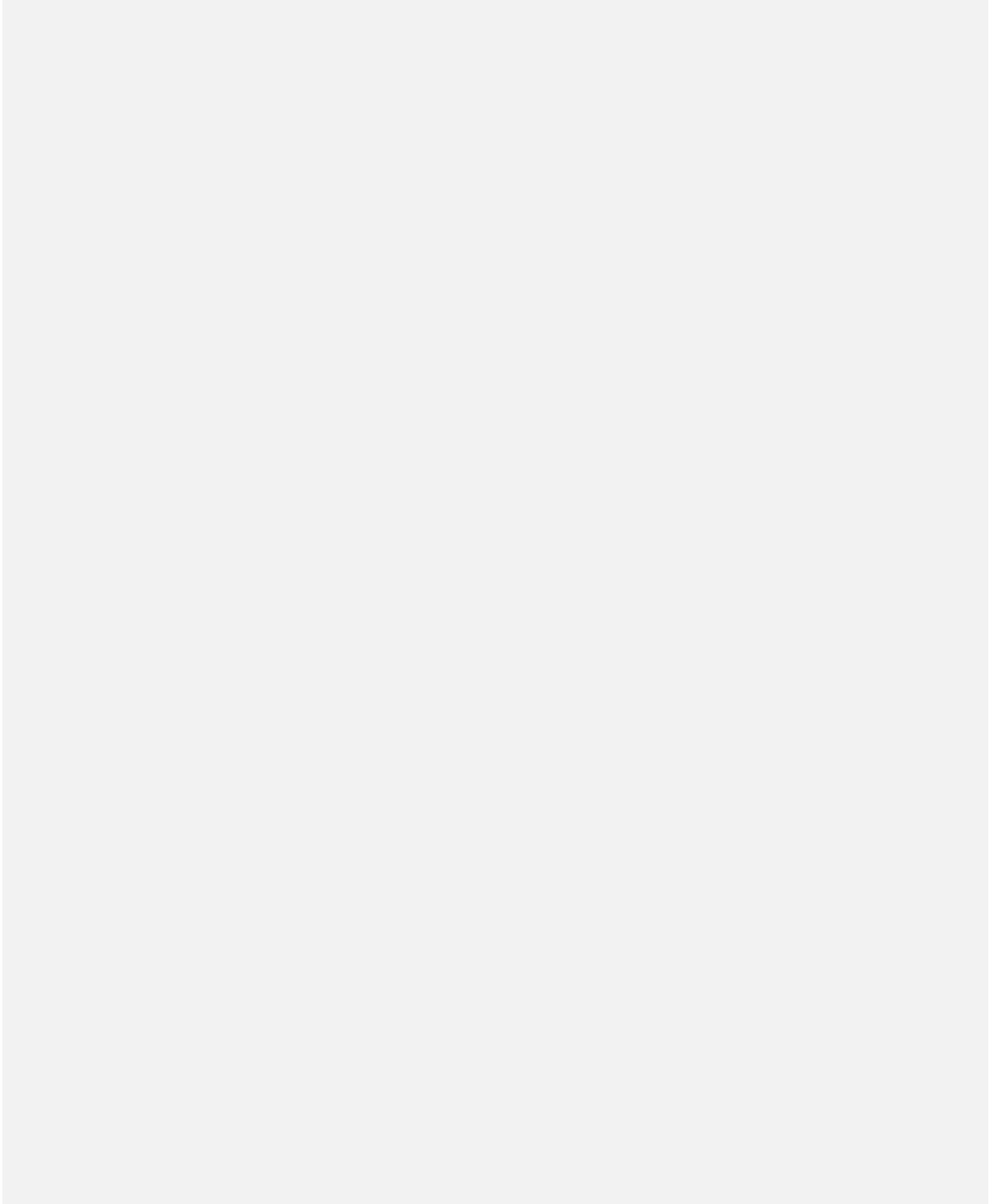
If no, what is holding you back from experiencing happiness?



LEARNING FROM LIFE'S LESSONS

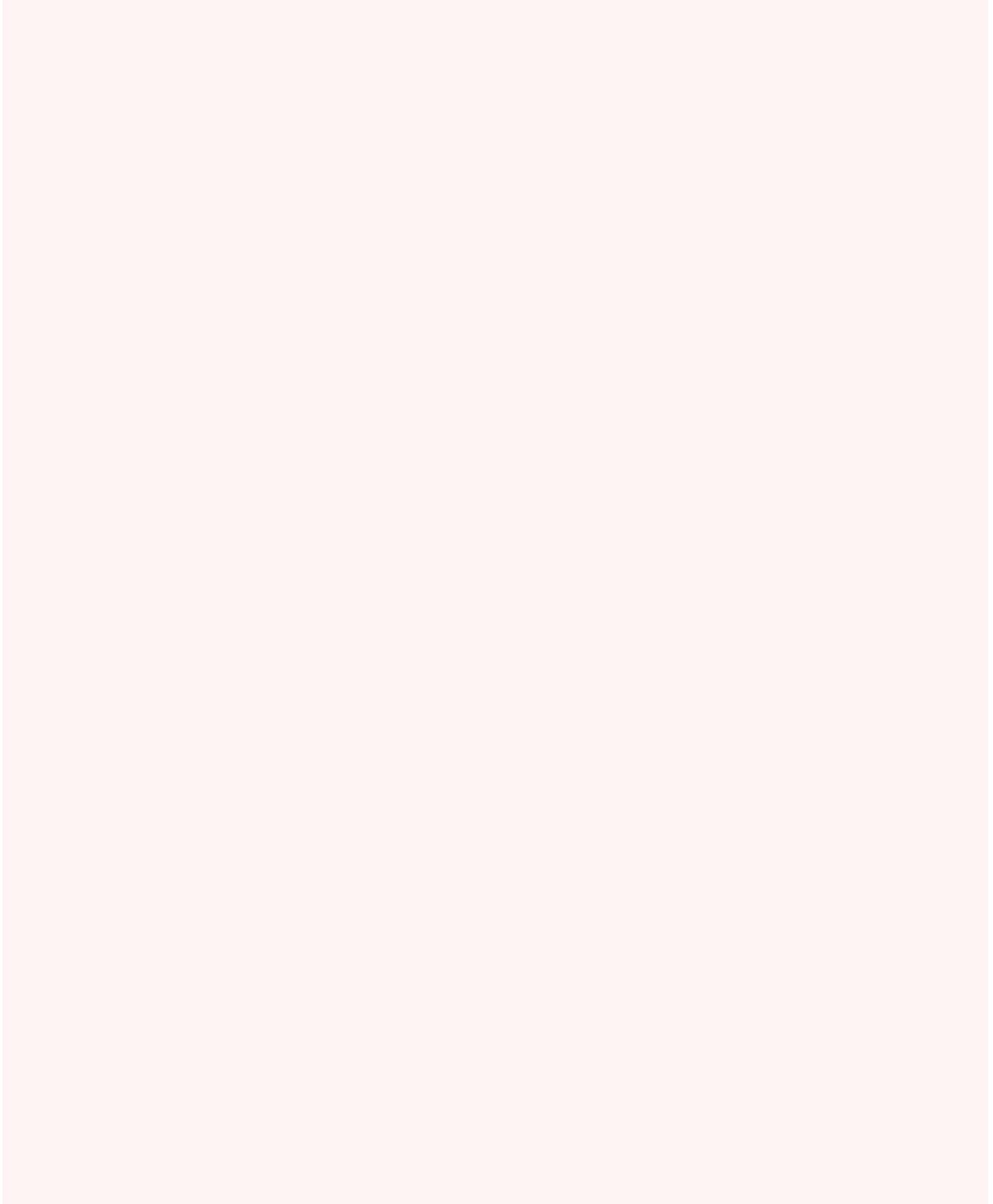
What is your biggest regret? Why?

What is your greatest accomplishment? Why?



CELEBRATING THE LITTLE WINS

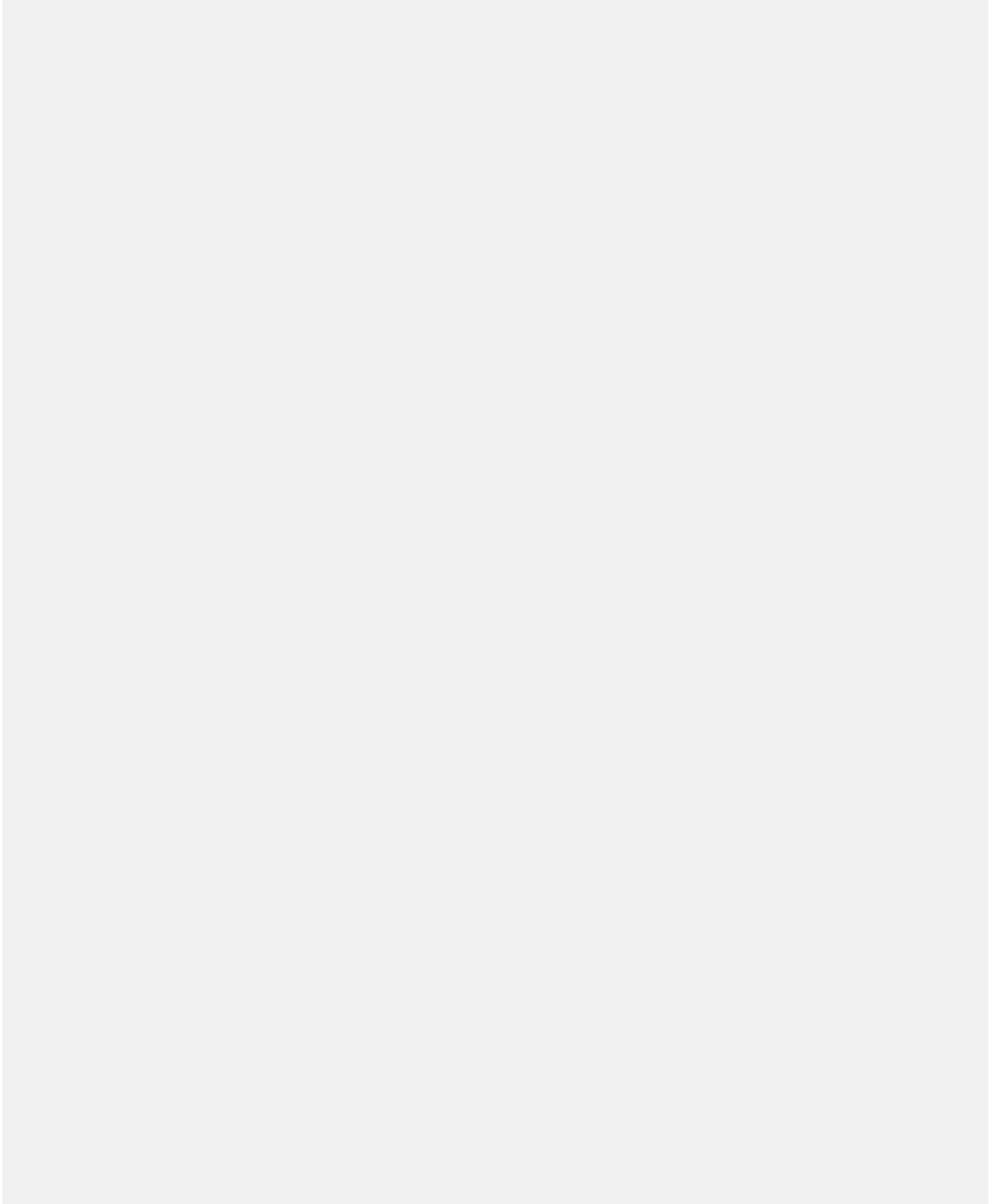
List 3 things you accomplished this week?



THE FUTURE

Do you feel good about the direction your life is going in?

If yes, what do you look forward to? If no, what are you afraid of?



If you could plan the perfect day for yourself, what would it be?

