



Let's get started with these 30 questions

1. Why do you make the decisions in the way you do? What are your values?
2. Why are those values important to you? Where did they come from?
3. What do you do to support those values?
4. What can you do to live those values more fully each day?
5. What activities are you most passionate about?
6. What are the things you do extremely well?
7. If you did not have to work tomorrow, what would you do with your day?
8. How do you recharge your batteries when you are feeling low?
9. When you feel lost, what do you do or where you turn to gain focus again?
10. How do you want your time on earth to be remembered?
11. What sort of people do I want to surround myself? Are they around me now?
12. If you could have absolute control over your day, what would you do everyday?
13. If you weren't so afraid of the consequences or the fear of the risk involved what would you do?
14. What do I need to do to feel my life is complete?
15. If you had all the money you ever needed, what would you do differently?
16. What do I want people to say about me after I am gone?
17. What are your most memorable experiences? List them and visualize the stories surrounding those experiences.
18. When do you feel alive and energetic? What are you doing before the feeling comes on?
19. What is the community or world issue you feel the strongest about? Why?
20. If I could change one thing in my life that would make my life exponentially, better, what would it be?
21. What would your perfect day look like? Write this down as a narrative you will read this out loud to me and to yourself, we will also have you record this.
22. What is stopping you from living this perfect day? Is it money, time, limiting beliefs, family, friends, faith, work, or something entirely different?
23. Create your personal mission statement. You need to answer the following questions:
 - a. Who do you want to remind yourself to be everyday
 - b. What do you want to accomplish everyday
 - c. How are you going to make sure you do that one thing everyday
24. Create your professional mission. You will need to answer the following question:
 - a. Who are you and what makes you different from then business owner down the street?
 - b. What is your client experience like?
 - c. How do you deliver that product or service?
25. Goal setting: Step One - how to figure out your goals
26. Goal setting: Step Two – How to write them in a way that will increase you chance of achieving them
27. Goal setting: Step Three – What are the little steps you need to do to keep on track to achieve those goals



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28. Goal setting: Step four – what reward are you going to give yourself when you achieve this goal?
29. Goal Setting: Step five – write out goals for 1, 3, 5, 10 and 20 years from now.
30. What questions did I miss?