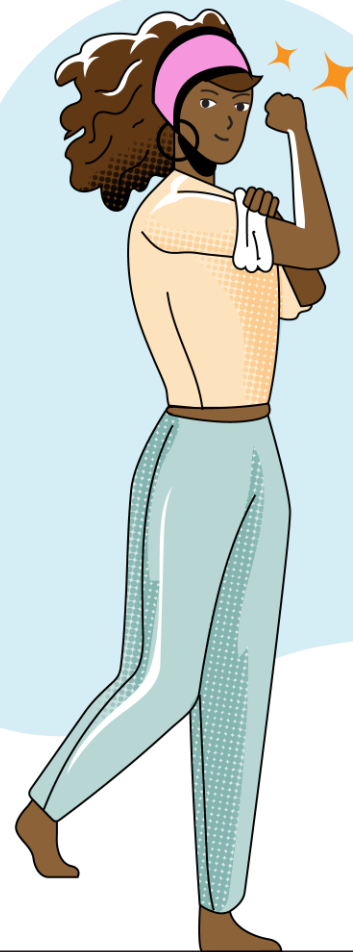


10
QUESTIONS
THAT CAN
CHANGE
YOUR
LIFE



You can learn a lot just by asking yourself a few questions. Questions direct your attention and make you think. If you never ask yourself questions, you may limit the amount of progress that you make in your life.

The questions you ask yourself, or fail to ask yourself, can alter the course of your life!

Consider the answers to these questions on a regular basis...

1. What are the most important things I need to accomplish tomorrow?

When you make the most of each day, you can make the most of your life. Avoid starting a new day without a plan of action. Give your day some thought the night before! Wake up the next day with a gameplan.

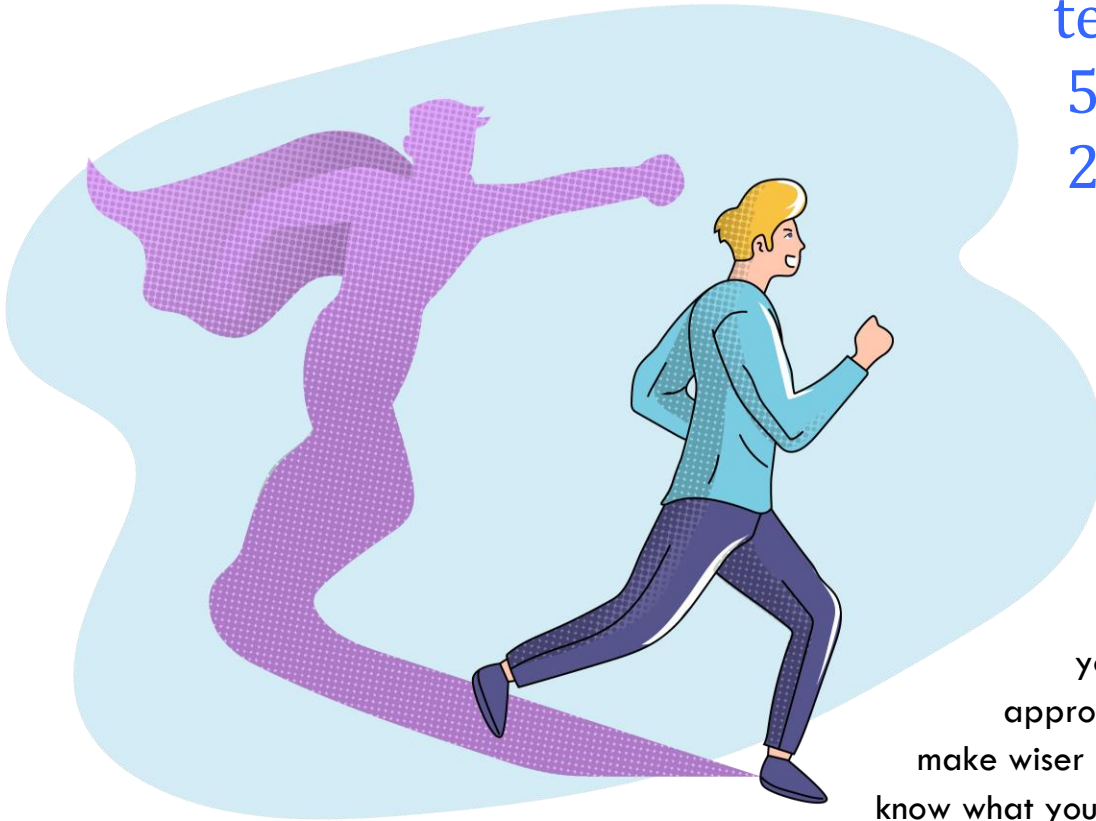
2. Which activities and people are a waste of my time?

We all fail to make the most of our time. We have activities that do little more than serve as distractions. We also have people that are just distractions, or worse.

- Think about the activities and people that are costing you more than they're worth. Surround yourself with people that support you.

3. What

are my long-term plans?
5,10,15, &
20-year
goals?



or more.

What is the overall objective of your life? If you don't know that, you'll struggle to plan your time appropriately. You'll make wiser decisions if you know what you're trying to accomplish over the next decade

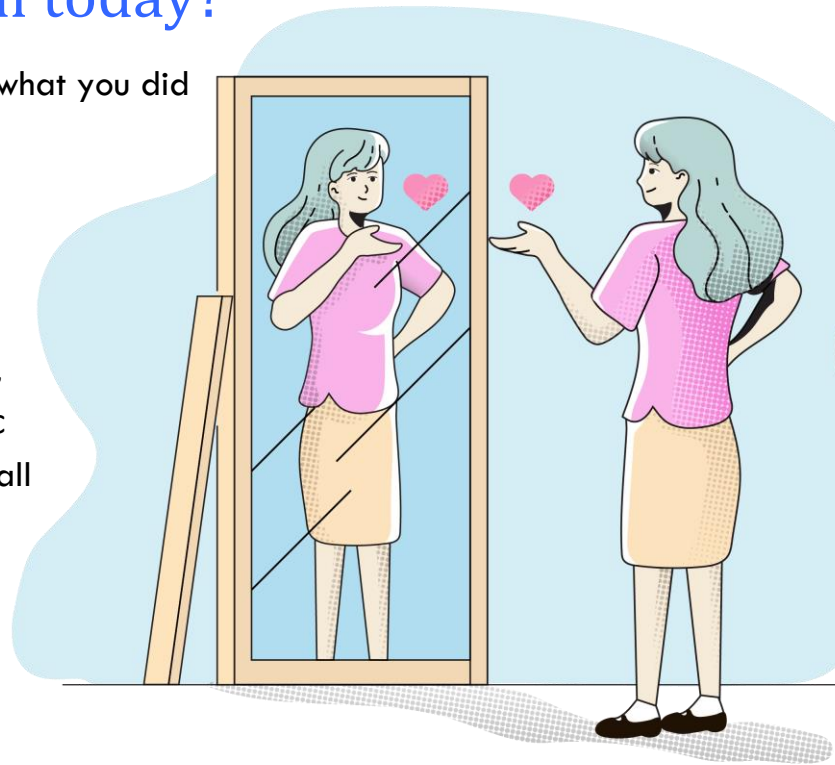
4. What did I do poorly today and how can I do better tomorrow?

Evaluate your errors and poor decisions and learn from them. Making a mistake once is just part of life. Making a mistake more than once because you didn't learn from it is worse.

5. What did I do well today?

It's just as important to identify what you did well, so you can do it again!

- Identifying and feeling good about your victories also build your confidence, self-esteem, and optimistic view of your future, which all make that bright future more likely to happen.



6. How does the rest of the world view me?

This is a very difficult question to answer accurately, but it's important. Most of us are clueless about how we appear to others. We have our own vision of ourselves in our mind, but it's often far from the truth.

- If you can see yourself as the rest of the world sees you, you'll identify a few simple tweaks that can change your results dramatically. Create your brand.

7. What are my values, and am I living them?

Most people only have a fuzzy idea of their values. Once you know what your values are, it's easier to make decisions that sustain and build your self-esteem.

- Knowing your values and living them also create a life that you find fulfilling.

8. What are my greatest flaws and what can I do to correct them?

Everyone has a critical flaw that's holding them back. Few are aware of their most significant flaws. Spend some time thinking about this and ask some honest friends for their advice.

9. What can I do to enhance my most important relationships?

Think about how you can lift your relationships up to the next level.

10. Who and what am I grateful for?

This is a great question to ask each day, but especially when you're feeling frustrated or down. Thinking of the good things in your life will lift

your spirits, give you a more optimistic view of life, and make more good things more likely to happen.



Some of these questions are a little tough! But that doesn't mean you shouldn't tackle them. Something as simple as a few questions might be all you need to steer your life in a new direction.

Ensure that you're not just asking and answering the questions. Take action when appropriate, too. You'll be glad you did!