



Got direction?

Top Ten Challenging Questions to Ask About Your Life

Where are you on the path of your life's journey?

Any day you choose to ask about the direction of your life is the right one. Whether it's the beginning of a year, or a day like any other, it can become the beginning of a new you.

Looking back you might reflect upon changes and growth in the areas of your personal relationships (family and friends), profession, finance, emotional and physical health, creativity, spirituality, and contributions to others. Looking forward you may contemplate creating goals in each of these areas, in response to the following questions.

1. What is your description of a successful, full, complete - a perfect - life?
2. Where are you on your path to realizing your vision of a fulfilling life?
3. Is there a gap between what you desire and where you are now?
4. What is preventing you from attaining what you want?
5. What is the biggest challenge you are facing right now?
6. What are your gifts/talents and strengths? How will you use them to create the change you want in the many different areas of your life?
7. How will you have to change in order to attain your goals, and have the life you desire?
8. Who will partner with you in this exciting process - family, friends, colleagues, a coach - to accelerate your goal achievement?
9. How committed are you to creating a more fulfilling life?
10. What steps will you take today to move toward your vision?