

14 Key Questions for a Healthier Way of Dealing With Yourself

1. Do you have any situation in life you'd like to improve? If yes, which one is it? If not, are you honest to yourself?

2. How balanced is your life considering what life offers to you and requires from you?

3. Where are you lining yourself up and not treating yourself well?

Examples: If you are tired, do you go to bed? How often do you do sports? How healthy is the food you are eating? When you make a mistake, what do you think about yourself? If you want some time for yourself but friends ask you for a favor or want to go out, what do you do? If you say no, how do you feel?

4. What are your challenges and what do you want instead? What keeps you from getting it?

5. If you want to look at it from a broader perspective, here is another question for you.
If you had a chance to get a new life, what kind of life would you wish for?

6. **Are all your priorities really a priority? Why?**

7. **Do you allow yourself to concentrate on your priorities, or what prevents you? If not, why not?**

8. **Do you say 'No' to the expectations of others, if they interfere with your priorities? If not, why not?**

9. **How willing and ready are you to take on self-leadership for yourself and your aims, dreams and desires on a scale from 1 (not at all) to 10 (100%)? If you are not on a 10 yet, what else do you need to get there?**

You can also break it down and ask yourself this questions for a very specific intention.
For example, how willing are you to stop smoking?

1	2	3	4	5	6	7	8	9	10

10. Do you know what exactly you want to achieve?

11. Do you believe in yourself and that you will achieve your goal(s) no matter what?

12. Are you honest with yourself and do you admit to yourself where you need to act?

13. Think of what you need or even miss in your everyday life. What have you always loved or wanted to do? What is fun and gives you energy?

14. What's your next step? Anything you can apply for your biggest challenge in life? Be smart (specific, measurable, achievable reasonable and time-bound).
