

Key Questions for a Healthier Way of Dealing With Yourself

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

What are your most important drivers in life? And where do you notice that these drivers influence you negatively, slow you down or even prevent you from reaching your goals?

How balanced is your life considering what life offers and asks from you?

What are your challenges and what do you want instead?

And what keeps you from getting it?



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?

Are all your priorities really a priority? Why?

Do you allow yourself to concentrate on your priorities, or what prevents you?

**And do you say 'No' to the expectations of others, if they interfere with you priorities?
If not, why not?**

**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 these 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

Comment: _____

Do you know what exactly it is that you want to achieve?

What makes you strongly believe that you can achieve your goal(s) no matter what?

Are there any other doubts that need to be dispelled?

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

How often do you pay attention to your consciousness? How often do you really think about your well-being (not your health or the absence of it)? Can you feel tension or stress before it starts to hurt, or do you feel stressed out?

Are there perhaps situations in which you are no longer the master of your conscious and intended actions? How do you deal with yourself in these moments?

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

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?

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

