



50
POWERFUL
QUESTIONS
TO ASK YOURSELF

KNOW MYSELF

How do I want to be remembered?

What type of person I believe I am, and what type of person I know I can be?

Can I remember who I was before the world told me who should I be?

How do I define myself?

What are my greatest strengths?

What are three things that I can do with my eyes closed?

What are the strengths that others see in myself that I don't?

MY VALUES

If there were three rules that EVERYONE would have to follow what would they be?

If I had to think about times I've gotten angry/upset/irritated. What values were not being met?

What would I stand up and fight for?

Who do I admire? What specifically I admire about them?

What is one thing that is not negotiable?

MY PURPOSE

What do I truly, truly, truly want for my life?

How much do I want it?

If I don't do this now, then when? What would it cost me to wait?

What will I do today, that I will be proud of in a year?

What would I do if I wasn't afraid?

What would it mean to me if I got what I want?

Why am I committed to achieving what I say I will achieve?

What will I do if I knew I could not fail?

... cont.

How will I know that I got what I want?

*What would I do for free nights and days and
still be happy about it?*

DEVELOPING CONFIDENCE

What was the hardest challenge I had to overcome, and how did I do it?

[picture the moment of my life when I felt most alive] What was I doing?

How would I be different if I really believed in myself?

What is one small change I can make to this week that will help me feel in control of my life?

What stands between me and being happy? What steps can I take to bridge the gap?

What is one affirmation that I can say this week to keep me focused?

... cont.

What am I willing to do today that is outside my comfort zone?

Is it true? [ask yourself this every time your inner critic pops up]

What's the worst that can happen?

What's the best that can come out of this if I decide to approach it?

What can I do to achieve a small win that I can build upon?

AWARENESS

Am I really happy, or really comfortable?

What can I learn from this struggle?

What is good about this?

What am I doing today?

What's my intention?

What is stressing me out right now?

What people, places and habits fill my energy?

What people, places and habits drain my energy?

What could I change in my life to make it richer?

LOVE / FAMILY / RELATIONSHIPS

Who do I love?

How am I showing up in my relationships?

Am I being grateful and respectful with my family/partners?

What's the legacy I'm leaving for my children?

How does my partner feels loved?

What is one thing I admire about _____?

Am I letting them know?

What type of mother/father/partner do I want to be? What needs to change?

... cont.

What is not working about my lifestyle/family life/relationships? What can I do to change it?

What does my kids/partner/friends need from me right now?

How can I support _____ ?

THANK YOU!

I truly hope that you enjoy this questions and that you use them. They have definitely served me in so many ways and still do throught the days.

I will be incorporating more of to this list by adding more segments, so if you find them useful please make sure to share them and check my site for any updates and more freebies.

As always, I would love to hear from you and know how can I serve you better, so please do not hesitate to leave me a comment online or shoot me an email to hello@lauracastro.com.

*With love and respect,
Laura*