

Your Highest Potential

A New Reflection

Here's a challenge to reassess, reaffirm, and rejoice in your life. These 25 questions could change your life. There are no right or wrong answers. The only key is to be honest with yourself. Let your thoughts guide you towards your future. Allow your insights to renew your body, mind, and soul.

1. Who am I?

2. What three qualities would I most like to see associated with my reputation



3. Am I having enough fun? What 3 activities do I find most enjoyable?



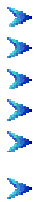
4. What 3 activities are most important to me?



5. If money were no object and there were no restrictions, what 3 things would I change about my life?



6. What six things do I want in life more than anything else?



7. What's the best part of me that no one else sees? What can I do to share it?

8. Do I embrace new experiences or avoid the unfamiliar? What experiences do I want to try?

9. Three females I admire most and why?



10. Three males I admire most and why?



11. Of the people I admire most, what one quality do they all have in common?

12. Am I anyone's hero — and why?

13. What excites me in or about the world? What angers me in or about the world?

14. If I had only six healthy months left to live, what would they look like?

15. What do I wake up for in the morning? What do I want more of in work/life?

16. What am I most proud of in my life?

17. The greatest disappointment I experienced?

18. My four most important roles in life (friend, student, employee, mother, etc.)?



19. Do I feel valued in these roles? What qualities would I like to be known for in each of these roles? What do I want more/less of in my relationships?



20. Am I happy with my relationship with my spirit? What could I do to deepen this relationship?

21. Do I hold too much anger in my heart? Are there any grudges I'm willing to let go of?

22. Have I ever been held back by fear of failure? What's the worst that could happen if I act with more courage now? What's the best?

23. Do I make the most of every day? How can I celebrate the little things?

24. What three sentences accurately describe my outlook? Why?

Life is an adventure.

Life is full of surprises.

Life sucks.

Life is a test.

Life is a contest.

Life is a present.

Life is a dance.

Life is a soul expanding experience.

Life is a cycle of ups and downs.

Life is like the seasons.

Life is difficult.

Life is a learning experience.

Life is a spiritual classroom.

Life is a bottomless pit.

Life is a challenge.

Life is a race.

Life is a journey.

Life is a triathlon.

Life is a risk.

In life, the grass is always greener on the other side.

Life is like a walk in the clouds.

Life is like wandering around in the dark.

25. One thing I would like to have said about me if I died today?

