



# Powerful Questions...

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“ No one out there can fix you.  
But you can fix yourself. You are  
the one with the power, the  
answers, and the ability to change  
your life. And you are the only  
one.” - Debbie Ford, *The Dark  
Side of the Light Chasers*

- What will it take to make you happy?
- If you had a magic wand, how would your life be different?
- What would you do if you didn't care what people thought?
- If you were sure you would succeed, what would you do?
- Do your values and your real life match?
- How will you feel when you get what you want? How can you feel this way *now*?
- If you only had one more year left to live, what would you do? What would you change?
- Would you rather be right about being powerless or wrong about your ability to be great?
- If someone were to use your life to illustrate a point, what would you be an example of?
- Describe your future self five years from now. What advice would she give you right now?
- How can you make today better than yesterday?
- How can you make your future more exciting than your past?
- What can you do to laugh more today?
- What do you love about yourself?
- How can you be an example of what is possible?

- What are the top five sources of joy in your life?
- How much of your total life joy comes from food or eating? How can you diversify your joy?
- What are the top three negative feelings you avoid feeling? What do you think would happen if you let yourself feel them?
- Do you ask for what you want or do you resent what you didn't get because you didn't ask for it?
- What are you afraid might happen when you say no to someone?
- How do you talk when you're seeking approval?
- What would it be like to live your truth without excusing, defending, explaining or justifying your thoughts or actions to others?
- What are some things you say to yourself when you fail? Would you want someone you love to say these things to themselves, ever?
- How can you be an amazing mother *and* take ridiculously good care of yourself?
- How can you have fun every day no matter what?
- What is your top excuse for not doing what you want with your life? What is it keeping you from doing? What would happen if you stopped believing this excuse?
- What are you afraid of?

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## About Amy



Amy Pearson is a Master Certified Life Coach, coach mentor, and instructor for Martha Beck's life coach training. She is a teacher, writer and speaker. A former approval addict (with the occasional relapse), Amy is now addicted to success. Her mission is nothing short of world peace by empowering every woman on a mission to attract their ideal clients (tribe), make great money, and have an epic impact while doing their unique work in the world.

Learn more about her at [LiveBrazen.com](https://www.LiveBrazen.com).