



13 Tough Questions

That have the potential to change your life trajectory

1. Have I been honest with myself and those who care enough to ask how I really am?
2. How long has it been since I have done something spontaneous and fun, either alone or with those I love?
3. Am I harboring anger or resentment against anyone?
4. Have I invested time and energy into the well-being of the people closest to me in my personal life?
5. Have I cultivated the contemplative and quiet side of my life this week?
6. Have I set limits on my availability and have I gently but firmly enforced them?
7. Do I say "yes" too easily? Do I allow myself to say "no"?
8. Have I kept confidences, avoided gossip, and spoken highly of the people I live with, work with and play with?
9. What are my motives for involvement in a care-giving role?
10. Have I taken good care of my physical body by getting enough rest, eating properly and exercising?
11. Have I allowed myself to fail, recognizing that the only one expecting perfection from me is me?
12. Are there people in my life to whom I can turn in times of need?
13. Have I taken the time to address my own problems and needs (or do I consider myself indispensable?).