



Create Clarity, Direction, and Confidence Today.

12 QUESTIONS THAT CREATE SUPERHEROES IN HUMAN SKIN IN A NEW AND DIFFERENT WORLD.

*Empower your Future and aim your Life toward
Health, Happiness, and High-Performance.*

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How To Use The Questions:

Grab a Journal and a Pen.

Go to a place where you can self-reflect and answer the questions without any interruption or distraction.

Write down your biggest "AHA-moments" on a separate post-it and put them somewhere to remind yourself more often.

Let your answers to the questions empower and inspire you to take action and build a future that is more true to you.

Reach out to me if you would like support, guidance, and help.

Cheers to You, my Superhero Friend.

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No. 1

What new insight did
I notice about myself, my
behavior, and my emotions
in the last several weeks?

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No. 2

What new drills or routines
did I start due to COVID-19
that I want to keep for
the future?

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No. 3

Before COVID-19,
were there any areas of
my life that were stressful
or draining energetically
that I do NOT want to re-
engage in the future?

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No. 4

What difficult truths would
I have to admit to myself
that came up due to
the pandemic?

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No. 5

Who do I want to become
as a person in the future
and what do I want to
stand for?

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No. 6

Are there any areas of
my life where I am lacking
clarity and if so, why?

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No. 7

What do I value most in
life right now, and how can
I demonstrate even more
gratitude for those
blessings?

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No. 8

If I had to explain what made
me successful at handling
uncertainty and crisis,
what would I say?

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No. 9

If I could be an even better
role model for someone, who
would that be for and what
would I improve?

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No. 10

If I could influence more
people to support my goals,
what would I explicitly
ask for?

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No. 11

If I were to become more committed to my optimal health, what would I start doing? And stop doing?

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No. 12

How could I re-engage each day's activities in a NEW way so I feel better, less stressed, and more fulfilled?

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