



# VALUES WORKSHOP

## » 18 QUESTIONS THAT CHANGED EVERYTHING FOR ME

Who do I want to be?

Why do I want to be that kind of person?

What must I do right now to be that kind of person?

Who and what am I grateful for?

Why am I grateful for these things?

What must I do today to keep these things?

What else do I look forward to having in life?

Why is it important for me to have these things?

Right now, how can I pursue these things?

How and what do I want to feel?

Why is it important for me to feel this way?

Right now, what can I do to allow myself to feel this way?

In the past, what has prevented me from getting what I want?

Why is it important to overcome this obstacle?

Right now, how can I triumph over this?

What would the very best version of me do, right now?

Why is it so important for me to do these things right now?

How can I make today –Right Now– one of my best days yet?