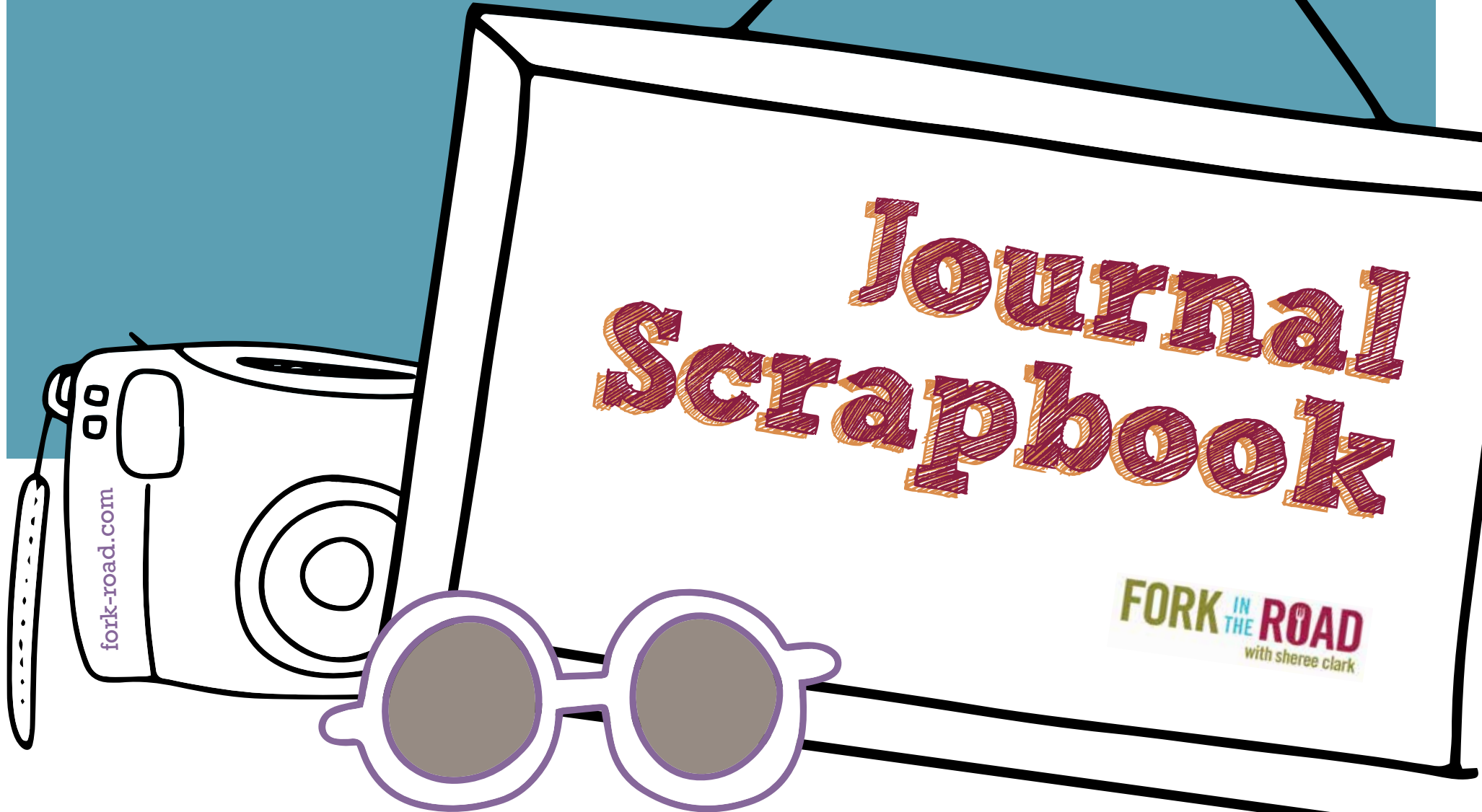


There is magic in asking yourself
the right questions!



Journal Scrapbook

“The only questions that really matter are the ones you ask yourself.” ~Ursula K. Le Guin



Did you know that the kind of questions you ask determine the kind of life you lead?

That's because any question you pose in your mind is answered by your brain, whether you are aware of it or not. This conversation in your head (you know what I am talking about, right?) leads to certain emotions, which then lead to particular actions, which are followed by results.

Changing your regular thought process from questions like “How could I be so stupid?” to “Is there a way that this might turn out to be a good thing?” requires a little practice. In the following pages, I'll give you a safe place to hone your skills.

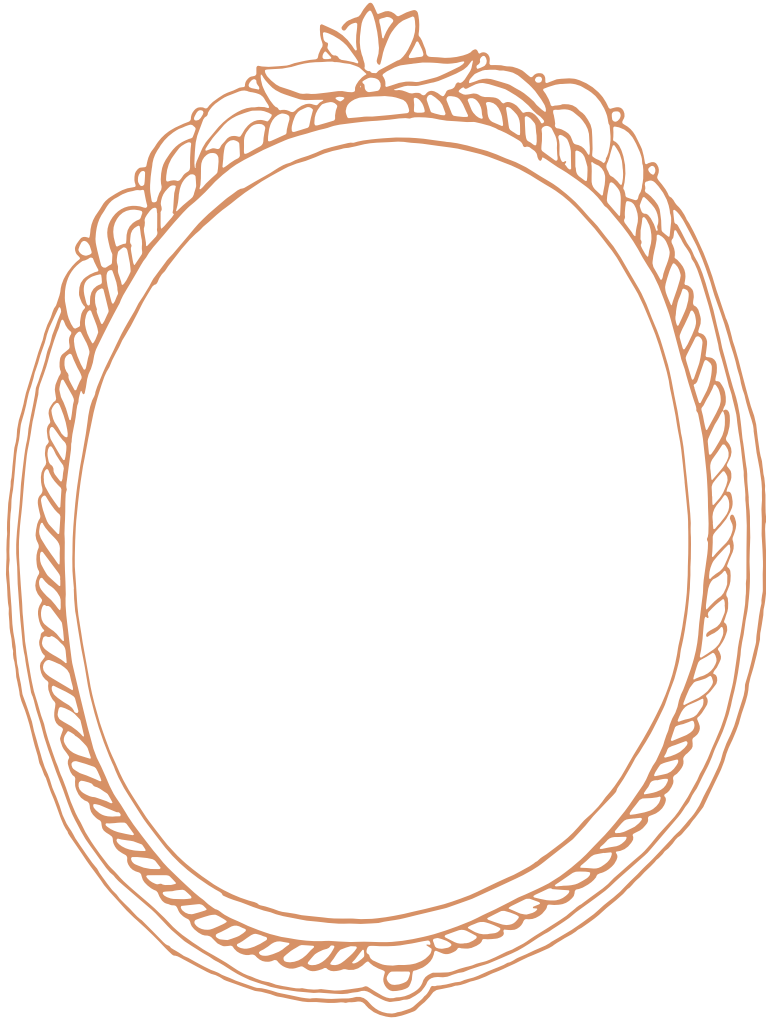
These questions will help you notice things you might not have been aware of, and bring into focus what's actually important to you. Make time to enjoy this experience. Visually enhance the pages while you're doing your reflecting. Draw pictures or clip out images, paste in quotes or inspirational passages. And if you have an “aha,” be sure and drop me a note.

There is magic in asking yourself the right questions,

Sheree Clark, Midlife Courage Coach
Fork in the Road, sheree@fork-road.com

Stretch

What risk are you happy that you took?



What are you working towards that you could use help with?

What does success look like to you?

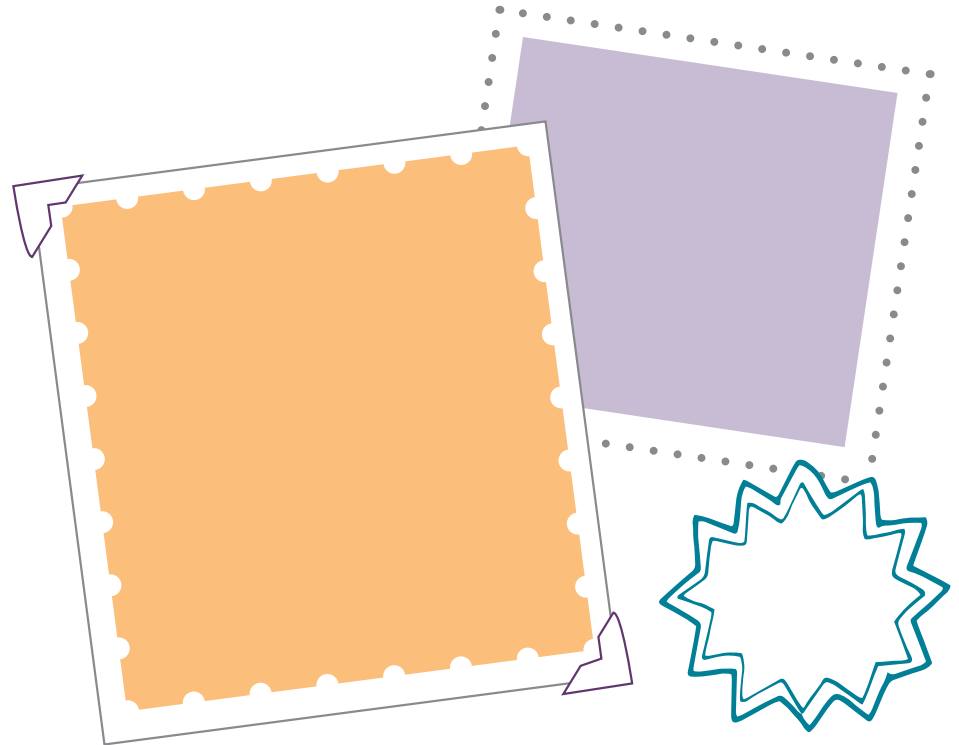
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What challenges do you want to overcome?

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What can you do that you could not do a year ago?

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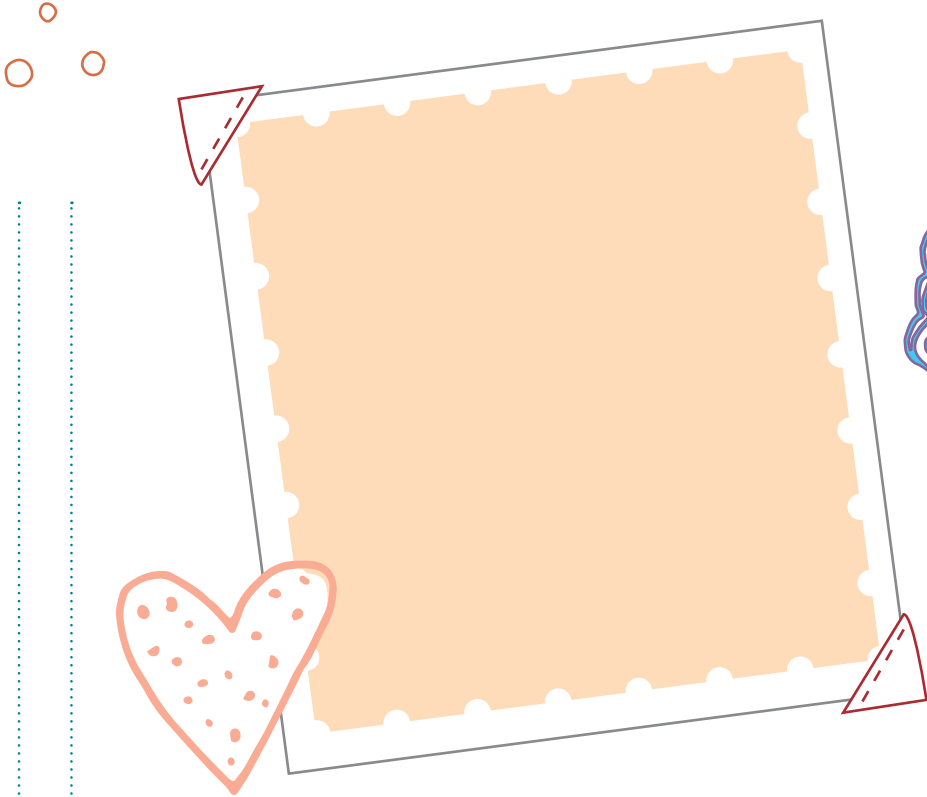


LOVE

What makes you feel loved?

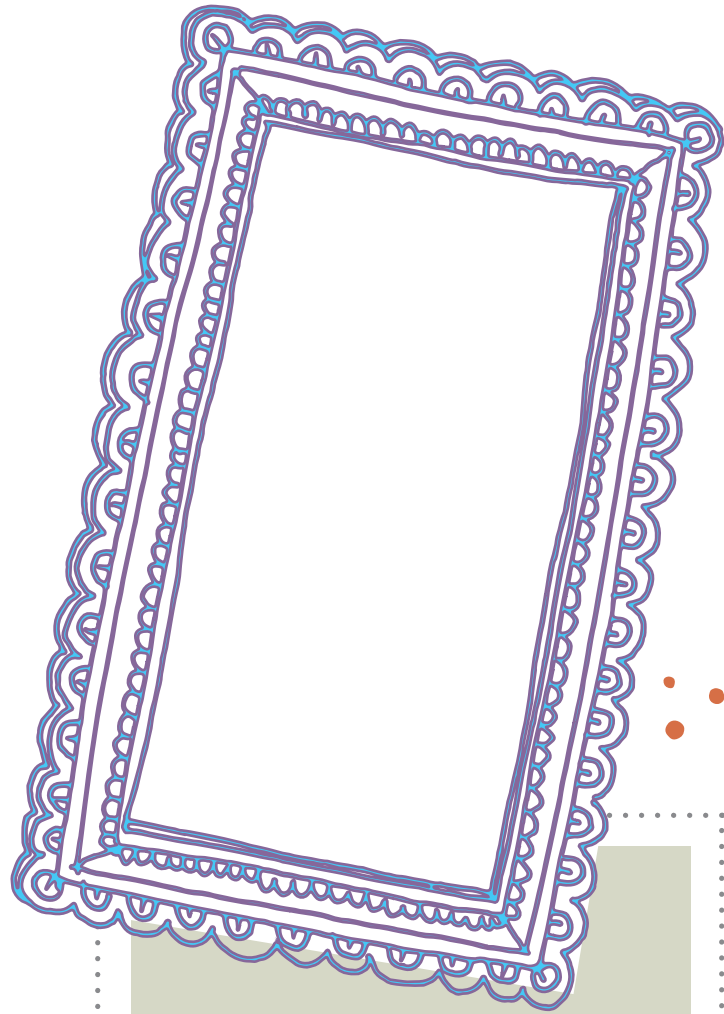
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What are you passionate about what to spend more time doing?



How do you show love to others?

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What random act of kindness could you perform right now?

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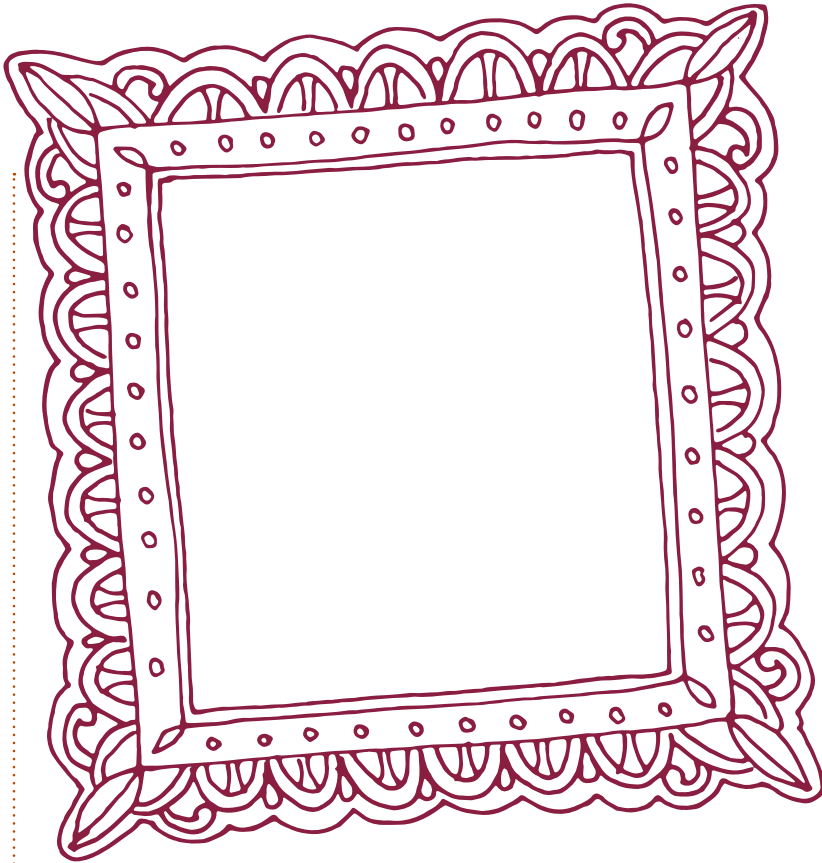
What is one of the kindest things someone has ever done for you?

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Let Go

What did you learn from your biggest regret?

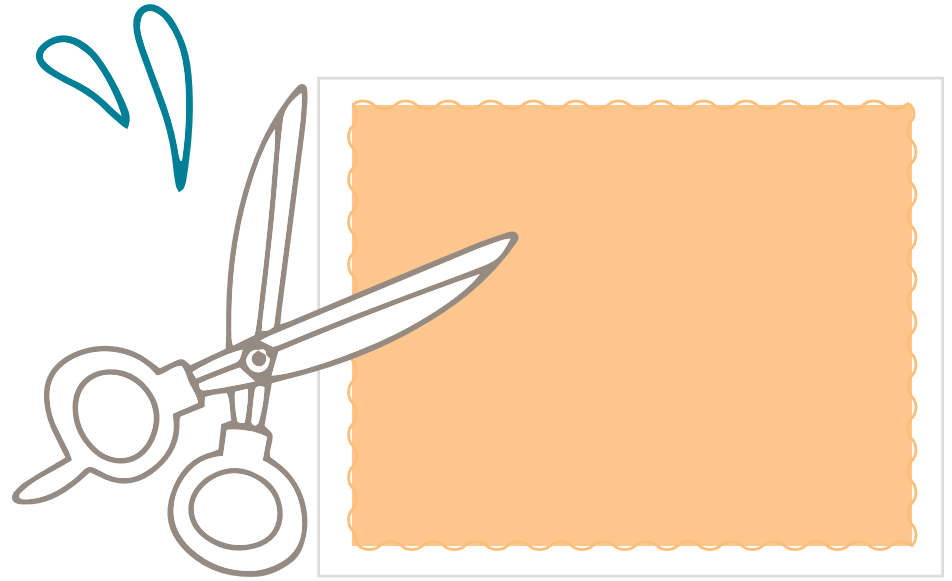
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What would you do if you had the courage?

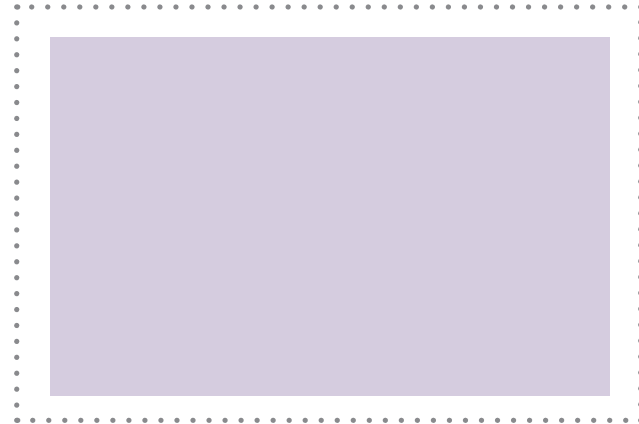
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Where have you found peace?



What do you spend too much time doing?

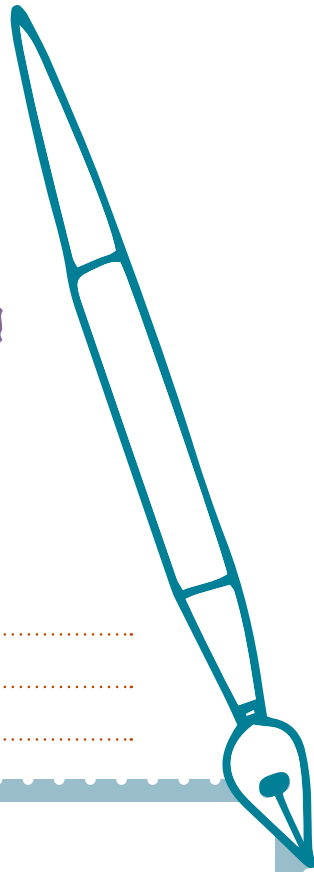
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What could you let go of that doesn't serve you?

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BE YOU



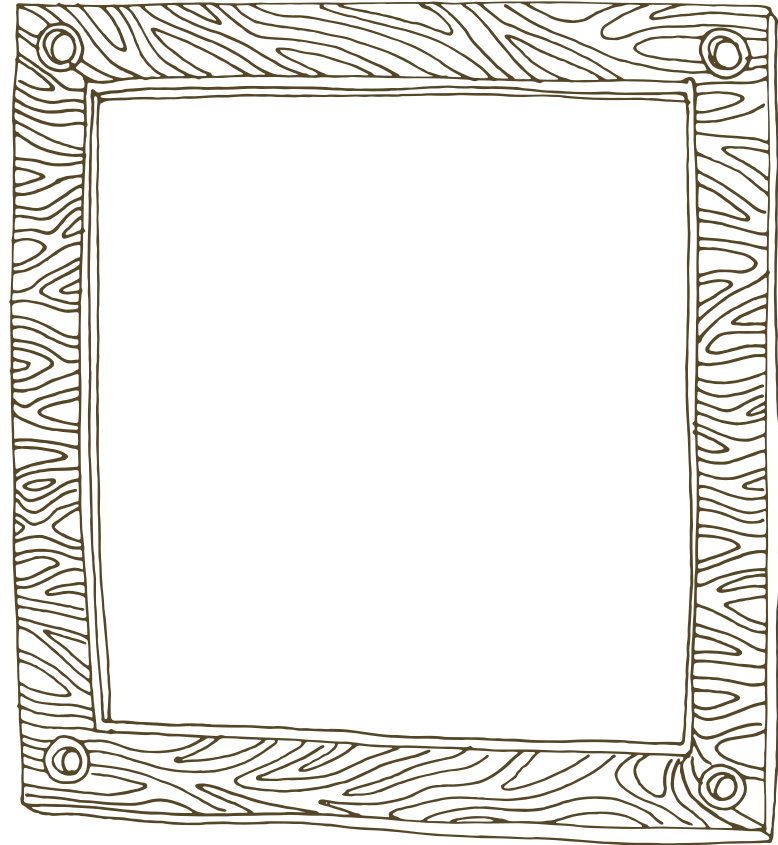
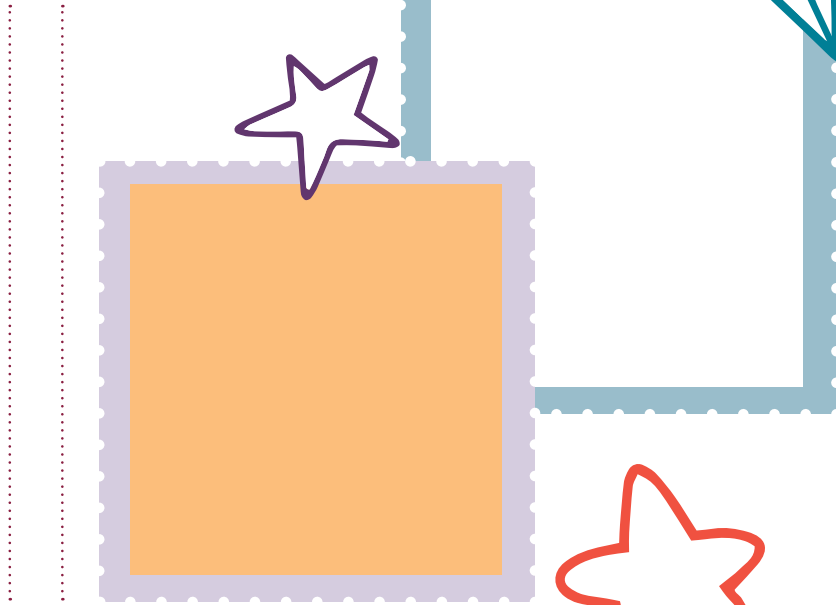
What is a defining moment in your life and how did it impact you?

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What moves you to tears or gives you goosebumps?

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What is most important to you?



What makes you lose track of time?

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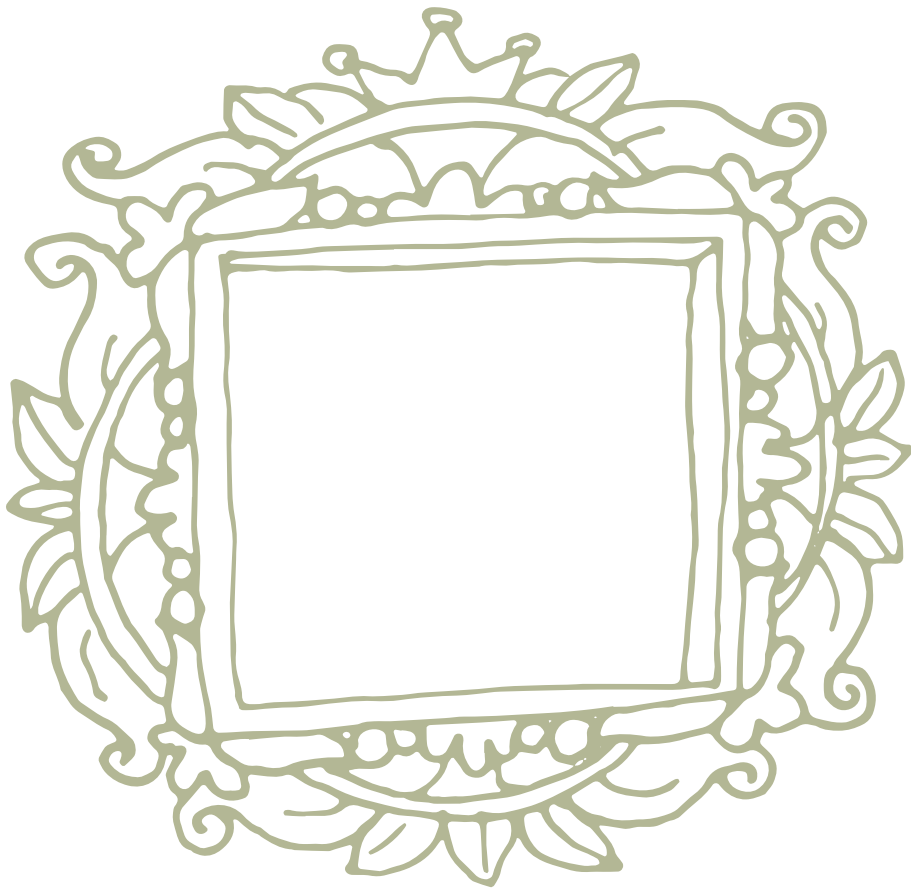
What is something new you tried recently and loved?

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Imagine

What do you dream of achieving one day?

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What question would you ask a fortune teller?

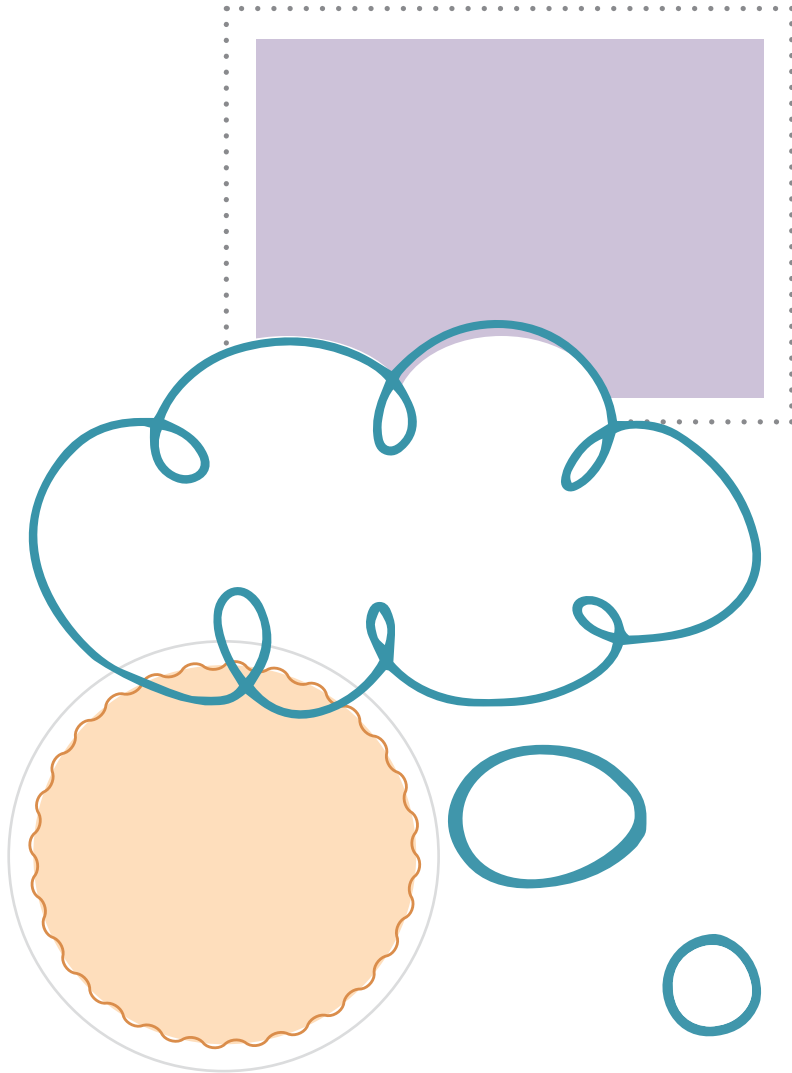
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What was your childhood dream?

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What is your perfect day?

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If money was not an issue, how you spend your time?

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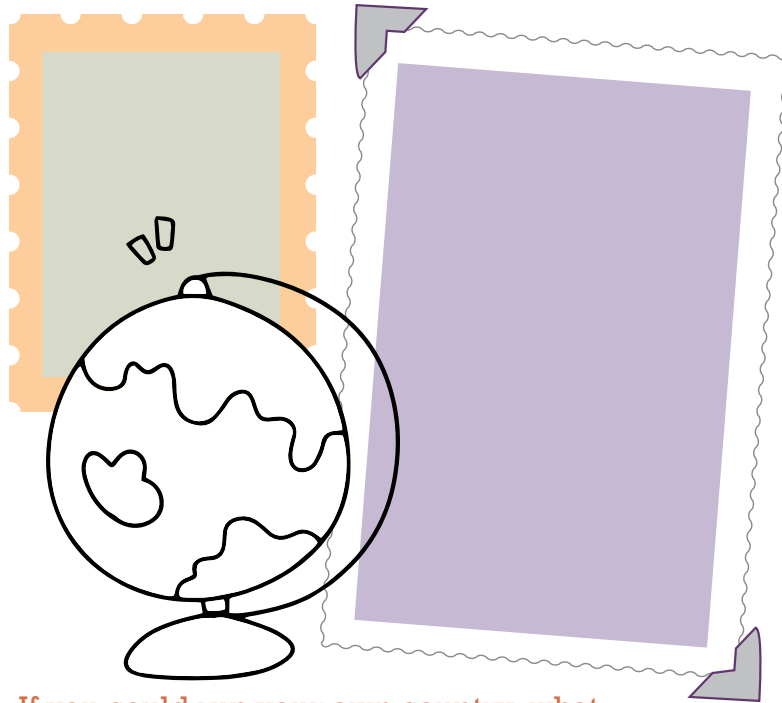
SERVE

What have you witnessed that has strengthened your faith in humanity?

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What does the world need more of?

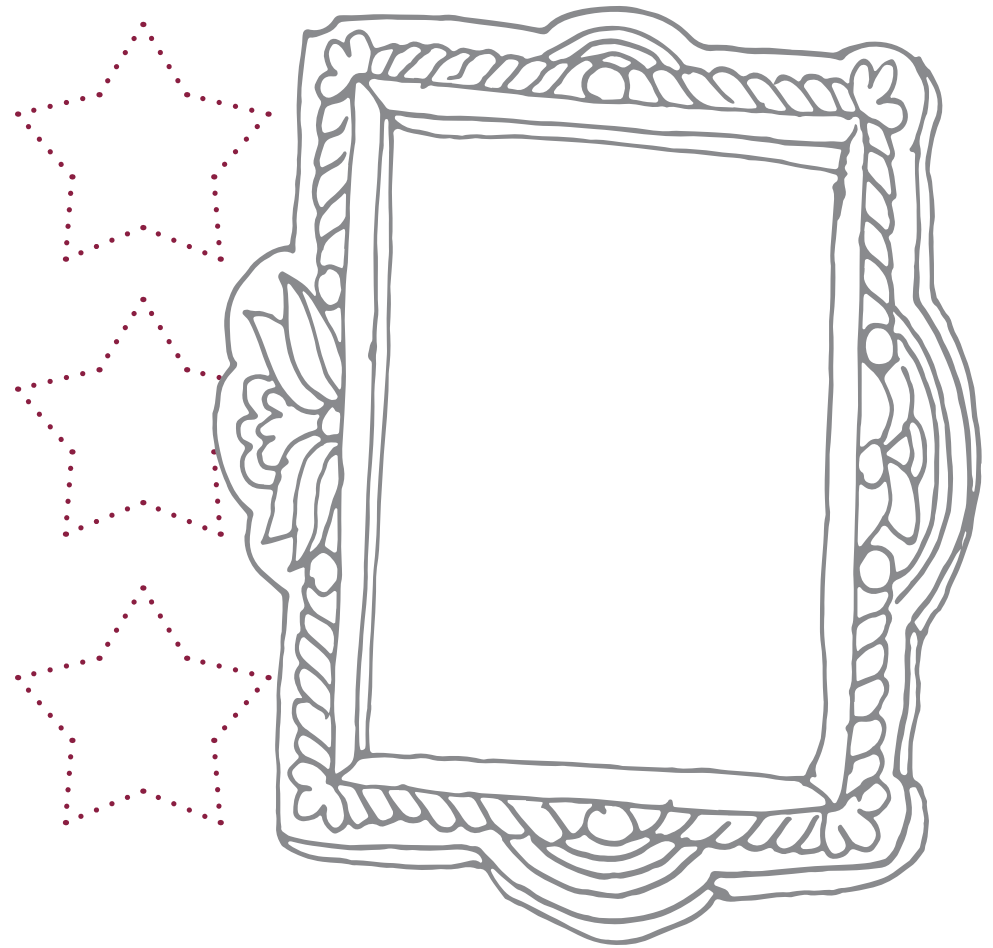
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If you could run your own country, what would it be like?

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Who are your heroes?



How are you making a difference in the world?

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