

What's Up With My Life

Life Assessment Questionnaire



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WHAT'S UP WITH MY LIFE

The following is a list of questions to get you started thinking about where you're at right now, and what you'd like to change. There are no right or wrong answers, and if you don't have an answer that's okay too. You don't have to write a lot, just jot down some quick thoughts that come to mind.

1. What do you secretly yearn for?
2. Imagine you've just had an ideal week. What 3 things did you complete?
3. How does it suit you to stay exactly as you are?
4. What do you want MORE of in your life?
5. If you could ONLY change ONE THING in your life right now, what would it be?

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11. What 'priorities' do you have in life at the moment that sap your energy and motivation?

12. Identify 3 people in your life right now who are a positive influence for you?

13. How long is it since you really, really wanted something and went all out for it?

14. What is the biggest misconception others have about you?

15. What is one change you could make that would give you more peace & calm?

16. When was the last time you did something big JUST for you?

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17. What do you avoid and how does this affect your life?

18. If there was something important you've not dealt with in your life yet, what would it be?

19. Tell me 3 things you're good at.

20. Tell me 3 things you wish you could do better.

Now prioritise what would be the 3 most important things that need to happen next in your life?

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