



5 DEEP QUESTIONS TO ASK YOURSELF

1. What kind of person do I want to show up as?

.....

.....

.....

.....

.....

.....

2. What kind of impact do I want to make in the world?

.....

.....

.....

.....

.....

.....



3. How do I want to be remembered by others when i'm gone?

.....

.....

.....

.....

.....

4. What can I do to start moving me towards this?

.....

.....

.....

.....

.....

5. If you had 5 years left to live, how would you live your life? What would you do differently?

.....

.....

.....

.....

.....



3 GRATITUDE QUESTIONS TO ASK YOURSELF

1. What is one small thing I am grateful for today that I may have missed because I wasn't looking for it?

.....

.....

.....

.....

2. Who is someone I am grateful for today and WHY?

.....

.....

.....

.....

3. What is something about myself that I am grateful for today and WHY?

.....

.....

.....

.....