

HEALTH

Think back on the past couple of weeks. How do you feel? Are you energetic? Sluggish? Do you have lots of little aches and pains? Are you tired or do you feel rested? Are you experiencing sleep issues? How is your digestion? Are you restless or do you feel calm? Are you generally feeling strong or a bit fragile? How is your mind? Do you feel connected? Are you experiencing allergies? Are you having autoimmune flare-ups? How is your overall health?

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CAREER

How do you feel about your job? Do you have a sense of purpose? Are you excited to go to work or do you get the Sunday Scaries? Do you feel challenged? Are you working to live or living to work? Do you feel good about your career or does it feel like a waste of time? Do you feel taken advantage of, or appreciated? If money was no object, would you still be doing the work you are currently doing?



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FINANCES

Is money a source of angst for you? Do you feel like you are earning enough? Are you living with a surplus or a deficit? Are there any specific belief systems around money that might not serve you? Are you living within your means or do you have debt that it's hard to imagine digging yourself out of? Does looking at your bank account stress you out or do you enjoy managing your money? How do you feel about your finances?

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RELATIONSHIPS

Are you in a healthy relationship or a toxic one? Are you and your partner individuals who have come together or are you unhealthily codependent? Or maybe you long for a partner and feel hopeless about finding one. Do you feel you are seemingly very different from one another? Do you feel taken advantage of, or appreciated?

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BODY IMAGE

When you pass a mirror and catch a glance, what's your inner dialogue? How do you feel about your appearance? Do you really love yourself? Do you feel any shame pertaining to physical appearance or your body in any way? How appreciative do you feel with regard to your physicality? What would you change about yourself and why? Are you able to accept compliments about your appearance with grace or do you deflect them?

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ENVIRONMENT

How organized is your space? Are you a minimalist or do you have a lot of clutter? Is there a fear of lack you struggle with when attempting to get things organized? When was the last time you did a thorough cleaning—I'm talking drawers, closets, garage, storage, nooks and crannies? How does your space make you feel? Do you feel good in your environment or does it need attention and care? Does your home feel like a sanctuary?

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