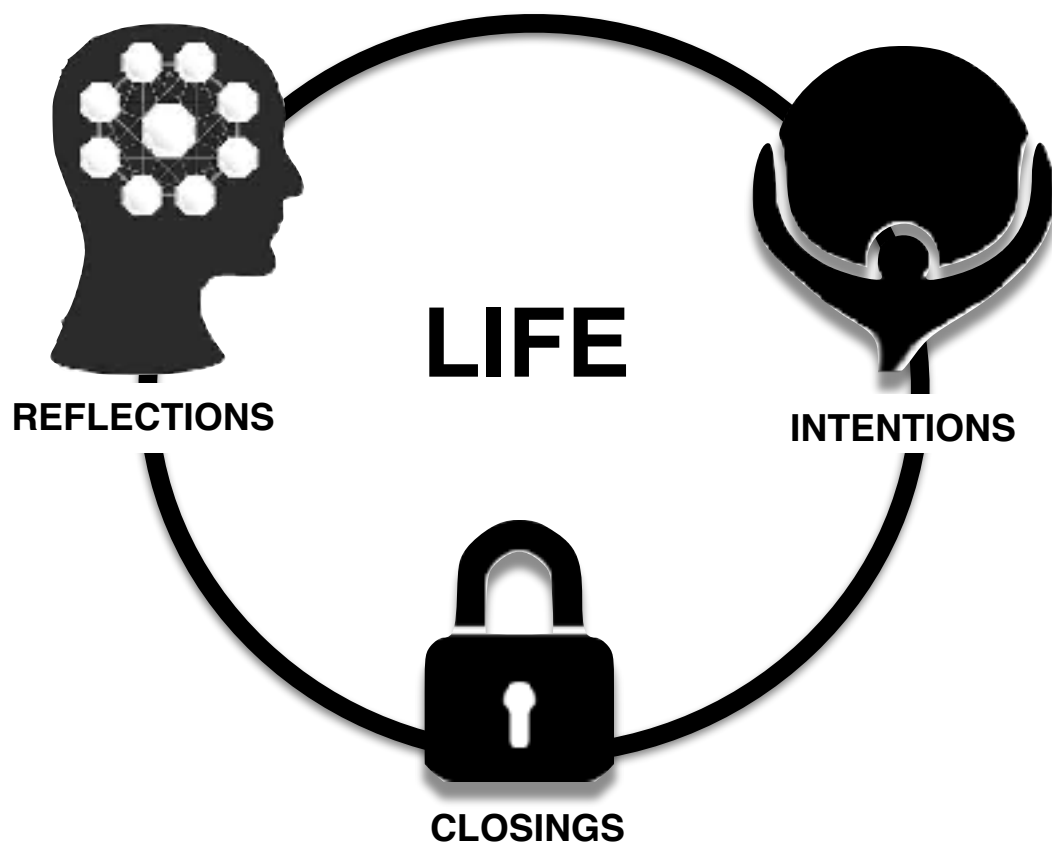


Essential Steps And Questions For Your Life

It is imperative that you exam yourself every day. If not life will catch you and carry you along without thought or intention. You can and most likely will get caught up in the repetition of life - working, eating, sleeping, cleaning, fixing, talking, etc. It's not that you don't have a plan but plans can become blurred by the whirlpool or void of emotions and the repetition of life. Learn what the symbols below mean and why they are essential to your living a full, purposeful and intentional life.

Everyday as you start your day you should examine your emotions, doubts, motivations and inspirations. If you don't you will begin your day in the wrong way for the wrong purpose/reason.



Essential Steps And Questions For Your Life

3 Essential Questions To Ask Yourself Everyday To Check Your Emotions & Live A Fulfilling Life

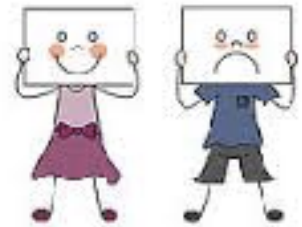
1



How Do I Feel Physically?

2

How Do I Feel Emotionally?



3



**How Do I Acknowledge My
Emotions & Boundaries To Move
Forward In A Healthy Way?**

Essential Steps And Questions For Your Life

Your life is like a roadmap and your emotions are signs guiding you daily to your final destination/purpose. In order to live your life effectively you must acknowledge your emotions and then move on. You falter when you ignore or get stuck/consumed by your emotions and then don't make it to your daily final destination. If you get stuck in or ignore your emotions your life will be confusing and unfulfilling.



Essential Steps And Questions For Your Life

1



REFLECTIONS

Where are your thoughts today? What are your challenges for the day? Why?

What are your accomplishments?
What unexpected changes have occurred?
What challenges/obstacles have you overcome or still face?
What aspects of your life have you improved?
What are your boundaries?

2



ENDINGS

What is causing you to reassess, shut down or end something/someone? Why?

What habits are no longer helping you?
What relationships need to be limited or end?
What negative patterns need to end?
What groups do you need to dissociate from?
What beliefs do you need to let go of?

3



INTENTIONS

What are your potential plans? What motivates you? Why?

What areas of health need improvement?
What alliances should you be working on?
What opportunities for growth do you see?
What self-development tools need to be adopted or continued?
What beliefs have you strengthened or added?