

WHAT ABOUT ME?

DO YOU REALLY KNOW AS MUCH ABOUT YOU
AS YOU THINK YOU DO?

What do you love about yourself

What is missing from your life

What do you appreciate about your life

Are you in a romantic relationship

If so are you happy

If not do you want to be

Are you fulfilled at work

Do you feel like you are in touch with your purpose in life

Do you feel sexually satisfied

Do you express yourself creatively

Do you feel financially stable or are you stressed about money

If your fairy godmother could change one thing about your life what would you wish for

What do you think might lie at the root of your illness

WHAT ABOUT ME?

What does your body need in order to heal

When do I spend the most time on social media

Am I enjoying my time online

What do you want

What would you like to change

What parts of your life are not working

What small changes can you make to feel more rested connected happier or inspired

Where would you like to go

What is calling to you

THESE SHOULDN'T BE HARD TO ANSWER!
THIS IS YOU WE'RE TALKING ABOUT!
JOT DOWN THE DATES YOU ASKED THEM...
...AND KEEP IT UP!
MAKE LIFE HAPPEN AS YOU WANT IT TO!

xoxo *Blair*