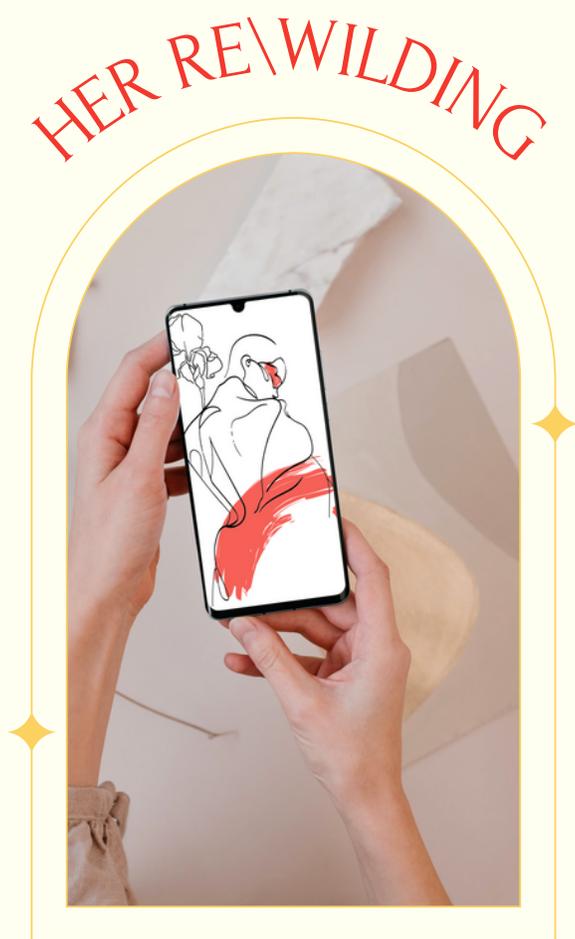


TRANSFORMATION

100 QUESTIONS

OF SELF-REFLECTION FOR YOUR YEAR AHEAD



PROMPTS TO ASSESS LIFE & MAKE CHANGE

A lot of pressure is put on January 1st and making resolutions, but observing life and assessing what is working and what isn't doesn't have to wait for a holiday. Why put off happiness? Use these 100 questions whenever you feel like a shift in life needs to happen.

100 QUESTIONS

OF SELF-REFLECTION FOR YOUR YEAR AHEAD

TABLE OF CONTENTS

CATEGORY: EMOTIONAL WELL-BEING	2
CATEGORY: PHYSICAL WELL-BEING	2
CATEGORY: INTELLECTUAL CHALLENGE	3
CATEGORY: SPIRITUAL PRACTICE	3
CATEGORY: PROFESSIONAL DEVELOPMENT	4
CATEGORY: FINANCIAL WELL-BEING	4
CATEGORY: RELATIONSHIPS	5
CATEGORY: SEXUAL WELL-BEING	5
CATEGORY: ENVIRONMENTAL CONSCIOUSNESS	6
CATEGORY: OVERALL REFLECTION	6

100 QUESTIONS

OF SELF-REFLECTION FOR YOUR YEAR AHEAD

EMOTIONAL WELL-BEING & PHYSICAL FITNESS

01



EMOTIONAL
WELL-BEING

1. How have you been feeling lately?
2. What has been attributed to the way you've been feeling?
3. Is there anyone you have been blaming for the way you feel?
4. Have you been living with any fear?
5. Are there any specific stress triggers in your daily life now?
What solutions can you put in place to minimize these stressors?
6. Are you concerned with the opinions of others? Who specifically?
7. How often are you on social media? How does this impact your emotional well-being?
8. Do you make gratitude lists in your day-to-day life?
9. Do you define yourself as optimistic or pessimistic? Why?
10. How do you want to feel?
11. What changes can you make to feel this way?

02



PHYSICAL
WELL-BEING

1. How is your body feeling?
2. What is your frequency of physical movement?
3. What are your favorite methods of exercise?
4. Do you prefer solo exercise, group fitness, or one person?
5. How often do you build up a sweat?
6. How much water are you consuming daily?
7. Is your body receiving an adequate level of nutrients?
8. If you are consuming sugar, alcohol, or drugs are you noticing a correlation with your physical wellbeing?
9. How do you want your body to feel?
10. What do you think your body needs to receive to feel optimal?

100 QUESTIONS

OF SELF-REFLECTION FOR YOUR YEAR AHEAD

INTELLECTUAL CHALLENGE AND SPIRITUAL PRACTICE

03



INTELLECTUAL
CHALLENGE

1. What is something new you learned this past year?
2. Is there a new skill or set of skills you want to acquire?
3. How will having these new skills make you feel?
4. How many books have you read in this last year?
5. What is a favorite book of yours and how does it make you feel?
6. Who are you listening to for insight or inspiration?
7. Do you need to be motivated externally or have you found strategies to be your own self-starter?
8. What steps can you take to cultivate more leadership within?
9. Are there any topics you would like to dig more deeply into?
10. What is your learning style? How can you use this information to empower yourself with new knowledge this year?

04



SPIRITUAL
PRACTICE

1. How do you feel about your relationship with spirituality?
2. What does your spiritual practice currently look like?
3. How frequently are you meditating? How can you make your practice most consistent?
4. Do you prefer to meditate solo or in a group? Do you prefer ambient sounds, meditation music, or no music at all?
5. Do you take time to connect with nature?
6. Which spiritual practitioners do you gravitate towards?
7. Do you have faith? Describe what it looks/feels like.
8. How often are you following your intuition?
9. How can a closer look at your spiritual practice affect your day-to-day life?
10. What does prayer in your life look like?

100 QUESTIONS

OF SELF-REFLECTION FOR YOUR YEAR AHEAD

PROFESSIONAL DEVELOPMENT AND SPIRITUAL PRACTICE

05



PROFESSIONAL
DEVELOPMENT

1. How are you feeling about your career as it looks today?
2. What steps can you take to improve the relationship you have with your career?
3. If money or judgment were not a factor, what you would be doing for a living? How far away are you from this reality?
4. How are your relationships at the workplace?
5. What is your level of satisfaction with your salary?
6. How can you learn new skills to negotiate a salary or obtain a promotion?
7. What parts of your career are you the most passionate about?
8. Are there other opportunities within your company you find exciting?
9. Are there new hobbies you can incorporate into your life to support the work-life balance? Which one feels exciting?
10. Who can be a mentor in your career trajectory?

06



FINANCIAL
WELL-BEING

1. Are you someone who creates budgets? Annually, monthly?
2. How are you doing with your budgeting? Meeting goals?
3. What steps can you take to improve your budgeting?
4. What is your relationship like with money?
5. Do you find yourself experiencing a hit of joy when you buy something new?
6. Is there a relationship between consumption and happiness in your life?
7. Where are there places to improve this relationship with money?
8. Are there any things in your life right now you can sell?
9. If you were to go on a spending fast, how does that make you feel?
10. How will a better relationship with your finances improve the overall well-being in your life?

100 QUESTIONS

OF SELF-REFLECTION FOR YOUR YEAR AHEAD

RELATIONSHIPS AND SEXUAL WELL-NESS

07



RELATIONSHIPS

1. How much quality time was I spending with the people I love the most?
2. What can I do to increase the time spent with loved ones?
3. How is my heart feeling? Am I feeling loved and supported?
4. What steps can I take to feel more love in my life?
5. What kind of love do I want to strengthen in the year ahead? Friendships? Romantic? Volunteer? Community?
6. How often am I giving back?
7. Is there a person in my life I have been meaning to reach out to? What is the best way to do this?
8. What does my self-love look like? How can I strengthen the love I have for all of me?
9. Is there anything I need to forgive myself for?
10. Is there anyone in my life I need to forgive?

08



SEXUAL
WELL-BEING

1. How do I feel about the current status of my sex life?
2. Are there factors outside factors in my life that are affecting the quality of my sex life?
3. Where would I like to see the quality of my sex life?
4. If in partnership, what conversations can I have with my partner to ensure we are on the same page with our sexual happiness?
5. Are there things I can do outside the bedroom to improve my relationship with sex?
6. Am I giving myself enough sexual satisfaction and release?
7. How can I better show up for myself and/or my partner sexually?
8. Are there sex experts I can learn from? Who are they?
9. How can I improve intimacy in my life?
10. How will I feel with a more open relationship with sexuality?

100 QUESTIONS

OF SELF-REFLECTION FOR YOUR YEAR AHEAD

ENVIRONMENTAL CONSCIOUSNESS AND OVERALL WELL-BEING

09



ENVIRONMENTAL
CONSCIOUSNESS

1. What is my relationship like with the planet?
2. How did I care for the environment this last year?
3. What steps can I take in the year ahead to be gentler and kinder to mother nature?
4. How can I live a little more sustainably?
5. How can I eat slightly more sustainably?
6. Are there any causes I can join or donate to?
7. How frequently am I showing gratitude towards the planet and environment I live in?
8. How much time am I spending in nature marveling at its miracles?

10



OVERALL
WELL-BEING

1. What does my self-care routine look like today?
2. What can I incorporate into my self-care routine to help maximize the quality of life in my alone time?
3. What do I want the next week, month, or year to be about?
4. What negative habits are holding me back?
5. What new empowering habits can I create?
6. Why do I want to optimize these various categories in my life?
7. What are some of the biggest lessons I've had in this last year?
8. What in my life am I the proudest of?
9. Where can I improve the balance in my life?
10. What are my greatest strengths and how I can leverage these for the changes I want to make?
11. What is my number 1 focus for happiness in the year ahead?