



Ask yourself

Journaling questions

- * Look at yourself from outside as if you were another person: What 3 - 4 most important challenges or tasks you have right now
- * Write down 3 - 4 important facts about yourself: accomplishments you have achieved or talents you have developed
- * What 3 or 4 important aspirations, interest, or undeveloped talents would you like to place more focus on?
- * What about your current study, work or general situation frustrates you the most?
- * What are your most vital sources of energy? What do you love
- * What is holding you back?
- * Over the past couple of days and weeks, what new aspects of your Self have you noticed?
- * Who makes up your community, and what are their highest hopes about your future journey? Choose three people with different perspectives on your life and explore their hopes for you
- * Look at yourself from above, as if from a helicopter. What are you trying to do in this stage of your professional and personal journey?
- * Imagine you could fast-forward to the very last moments of your life. Now look back on your life's journey as a whole. What would you want to see at that moment? What would you want to be remembered for?
- * From that future place, look back at your current situation as if you were looking at a different person. Try to help that other person. What advice would you give?
- * Return again to the present and crystallise what it is that you want to create: your vision and intention for the next 3-5 years. Describe some essential core elements of the future that you want to create in your personal, professional, and social life.
- * What do you have to let go of to bring your vision into reality? - Behaviors and thoughts, people and activities.
- * What in your current situation can provide the seeds for the future that you want to create? Where do you see your future beginning?
- * Over the next three months, what could you do to test a microcosm of your future? What would the test look like?
- * Who can help you make your highest future possibilities a reality?
- * What practical first steps will you take over the next 3 to 4 days to start your future now?