



# Self-Reflection and Joy Strategizing Questionnaire

Spend just 1-minute bullet-point brainstorming the first thoughts that come into your mind in response to the questions below. Later, you may then go back and take your time to journal more in depth as you search for the answers that resonate with you. Once you define your ideal, you can start to reverse engineer your strategy to move towards your ideals. In addition, you can determine areas of your life that you can start to shift that don't serve you or those you love. Sometimes it can be as simple as allowing yourself to ask and answer the question!

## ? Limiting Belief Questionnaire

- 1** What's the best relationship you could see yourself in?
- 2** What's the best career you could see yourself in?
- 3** What's the deepest level of peace/contentment/satisfaction you could achieve? This may have to do with your spiritual health".
- 4** What's the best shape you could get yourself into?
- 5** What's the peak level or health you could reach?



## ? Personal Beliefs Questionnaire

- 1** What type of people do you love being around?
- 2** Do you enjoy being in larger groups or private settings?
- 3** What values do you hold that are non-negotiable?
- 4** What are you willing to compromise on?
- 5** How open are you at expressing your needs to others?

## ? Draw Out the Real You Questionnaire

- 1** What brings you happiness? (When are truly happy?)
- 2** When do you feel you're at your best?
- 3** Do you believe you have a calling or purpose in life?
- 4** What activity can you do where hours seem to pass without you even thinking about it?
- 5** What type of work do you love so much that you would do for free? (Maybe you already do?)

