



## THOUGHT-PROVOKING QUESTIONS TO QUICK-START CHANGE

*Below are some questions, designed to kick-start your thoughts as you write in your journal. Whether you're engaging in goal-setting, life-reviewing or you would like a little help to quick-start change, these questions will guide you on your way.*

*I suggest taking some time to relax, in a quiet place to answer these questions as openly and honestly as you can.*

**1.** What **accomplishments**, must in your opinion, occur during your lifetime so that you will consider your life to have been satisfying and well lived – a life of few or no regrets?

**2.** How are your **current actions** helping to move you towards those accomplishments?

**3.** What would make your **life more fulfilling**?

**4.** What do you **tolerate** in your life right now?





5. If there were an **unrealised passion** in your life, what would it be?

6. What do you **REALLY** want in your personal or business life?

What is the **goal you have given up on** or put off for a while, due to circumstances?

7. What help do you need the most to help you reach this goal? **Who can support you?**

8. What is **one action** you can take right now, to help you towards this goal?

