

## **Career & Wealth**

1. What do you do for a living?
2. Do you like it?
3. Why do you get up in the morning? Fundamentally speaking what do you really work for?
4. If money were not an issue what would be your ideal job?
5. Besides your actual career do you have other talents with which you could earn money?
6. Do you have a career role model?
7. What is most important to you? Career success or personal happiness?
8. Do you consider yourself successful?
9. Would you rather land a better salary or a more interesting career?
10. Take a look at your professional life: Did you envision it like this?
11. What are three things you are best at at your job?
12. How many hours a week do you work on average?
13. How many hours a week would you work in an ideal world a week?
14. Would you rather work alone or in a team?
15. Name three friends you'd like to work with?

## **House And Home**

16. Do you own a home?
17. What percentage of your income do you spend on your mortgage/rent?
18. Where do you live?  
Where would you like to live?
19. Two things that you like about your home?
20. Two things that you don't like about your home?
21. Describe your dream home?

## **Money And Possessions**

22. What is your bank balance?
23. What is your monthly income?
24. What would you like your monthly income to be?
25. What would you buy if you had more money?

## **26. Mind And Body**

27. How many hours of sleep do you get each night?
28. How many hours of sleep do you think you need each night?
29. How do you relax?
30. Would you like to be: slimmer, fitter, stronger?
31. How many times a day do you look at yourself in the mirror?
32. Would you describe yourself as a confident person?
33. Do you exercise?  
How many times a week do you exercise?
34. What are three areas of your body you're proud of?
35. What are three areas of your body you'd like to improve?
36. How stressed do you feel at the moment?  
What do you believe is the cause of that stress?
37. What do you think would need to happen for you to no longer feel that stress?
38. What helps you when you're feeling stressed?
39. What age do you hope to live to?
40. What do you do to stay healthy?

### **Master Anything**

41. Do you speak any foreign languages?
42. What languages would you like to learn how to speak?
43. Do you play any instruments?
44. What instruments would you like to learn how to play?
45. What countries do you want to travel to?
46. Where do you want to go the most?
47. Who would you travel with?  
What would you pack?
48. Do you know how to cook?  
Would you like to learn how to cook better?

### **Relationships, Love & Esteem**

49. Are you in a relationship?
50. If yes, do you feel loved by your partner? Do you love your partner?
51. Do you feel desired by your partner? Do you desire your partner?
52. Is there a quality you wish your partner had?
53. Are you single?
54. When did you last wish you were in a relationship?
55. When did you last feel happy you were single?
56. Do you currently have someone you'd like to be in a relationship with?  
Who?
57. What physical qualities would you like your partner to have?
58. What non physical qualities would you like your partner to have?
59. Do you want children?

60. How many?
61. What if anything is preventing you from being happy?
62. What are you looking forward to: today? In general?
63. What makes you unhappy?
64. What are you afraid of?
65. What will you ideally be doing ten years from now?

## Summary

1. A word that describes your...right now
  - a. Describes your health..
  - b. Describes your financial situation..
  - c. Describes your work:
  - d. Describes your sex life:
  - e. Describes your life:
  - f. Describes your relationship:
2. A word that describes your ideal situation..
  - a. Describes your health..
  - b. Describes your financial situation..
  - c. Describes your work:
  - d. Describes your sex life:
  - e. Describes your life:
  - f. Describes your relationship:
3. Describe your perfect morning
4. Describe your perfect afternoon
5. Describe your perfect evening?