

# 30

## Thought Provoking Questions for SELF-REFLECTION.



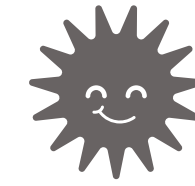
### VALUES & GOALS

1. Do I live true to my values?
2. Do I compromise on my goals?
3. What does failure mean to me?
4. What are my values that I can never compromise on?
5. What do I want from life?



### GROWTH

6. Am I holding onto something that I should let go of?
7. How often do I push myself out of my comfort zone?
8. Do I give up when things get hard?
9. Do I hold grudges?
10. What matters the most in my life?
11. Do I use my time wisely and productively?
12. Am I truly living my life?
13. What am I most scared of?



### SPIRITUALITY & HAPPINESS

17. Am I thankful for what I have in life?
18. What does God mean to me?
19. What makes me truly happy?
20. Do I want more memories and experience versus material gain in life?
21. What makes me smile often?
22. Can I compromise on material comfort?
23. What act of kindness done by others, left an impact on me and why?
24. Do I take things for granted?



### HEALTH

25. Do I give my body the attention and care it deserves?
26. Do I care about my mental health?



### DEVELOPING HABITS

14. What bad habits am I currently struggling to break away from?
15. Do I incorporate reading in my life as often as I should?
16. What is that one thing I can do better from today?



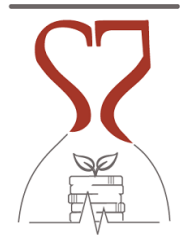
### RELATIONSHIPS

27. Do I put enough effort into my relationship?
28. Am I grateful to my parents for whatever they have done for me?



### CONTRIBUTION

29. What's the one thing that I can leave as my contribution to this world?
30. If I can give just one advice to others, what would that be?



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