

20 Eye-Opening Questions for 2020



1. Am I who I wanted to be by now? Why or why not?
2. Am I doing what I wanted to do by now? Why or why not?
3. How is my spiritual health?
4. How is my physical health?
5. How is my mental/emotional health?
6. What's one thing I'd like to change internally (about myself) this year?
7. What steps do I need to take in order to make that change happen?
8. What's my WHY?
9. What have I wanted to do forever but never done?
10. What do I enjoy doing? What are my passions?
11. What would I do if I had the resources/knowledge/time to do it?
12. What is one step I can take today to making my dream a reality?
13. What excuses am I using instead of making things happen?
14. Do I want to be made well or do I want to continue being a victim or stuck in my uncomfortable comfort zone for yet another year?
15. How are my relationships? Seriously.
16. Who would I like to improve my relationship with the most?
17. What's one thing I can work on to improve that relationship?
18. Do I isolate myself from others? If so, why do I do this?
19. When is the last time I did something I enjoyed just to relax and enjoy it? Why has it been so long?
20. Where would I like to go on vacation, and how can I change my budget to make that happen?