

10 Questions to Critically Reflect On

~Were you your best in 2017?~

1

How deeply did you invest in the relationships in your personal and professional life?

2

How often did you inquire into other people's stories to better know and understand them?

3

How grateful were you for the blessings in your life both personally and professionally ?

4

In what ways did you take action to find more fulfillment and satisfaction in the work that you do?

5

How physically active were you?

6

To what extent did you allow your inner critic voice to impact you and others negatively ?

7

How often did you individually recognize the value and goodness in others in your life?

8

How did the people you surround yourself with help lift and guide you toward greater growth?

9

How empowering were your actions on others?

10

Out of all the questions that you've read, which one stands out as being most important for you to address in 2018?